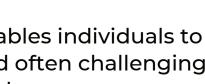
## RESILIENCE





- Resilience is an individual's ability to adapt, persevere, and bounce back in the face of challenges, setbacks, and adversitv.
- It is the capacity to maintain one's composure, problemsolving skills, and performance levels during times of stress or uncertainty.
- Resilient people demonstrate emotional intelligence, a growth mindset, and the ability to learn from failures, navigate turbulent situations, recover from setbacks, and continue to contribute effectively.
- Resilience helps individuals cope with pressures and achieve personal and career growth, making it a valuable trait in achieving long-term success.

## Why Is It Needed?



- Resilience is essential because it enables individuals to thrive amidst the ever-changing and often challenging circumstances of the modern workplace.
- It equips people to effectively manage stress, overcome setbacks, and maintain high levels of productivity and wellbeing.
- It fosters adaptability, innovation, and the ability to learn from failures, all of which are crucial for personal and professional growth.
- Resilient people are better equipped to maintain positive relationships and enhance their overall career success.

## Impacts If you Don't Have It

Decreased Performance







Burnout





Career Stagnation





Reduced Innovation

Mental Health Issues











