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HOW TO BUILD RESILIENCE

RESILIENCE MEANING

Dictionary

Definitions from [Oxford Languages](#) · [Learn more](#)

re·sil·ience

/rəˈzɪljəns/

noun

1. the capacity to recover quickly from difficulties; toughness.
"the often remarkable resilience of so many British institutions"
2. the ability of a substance or object to spring back into shape; elasticity.
"nylon is excellent in wearability and resilience"

Similar:

flexibility

pliability

suppleness

plasticity

elasticity

springiness



WHAT DOES RESILIENCE MEAN TO YOU? GAUGE CURRENT RESILIENCE

- Does resilience mean you have to have one challenge after another and prove that you can persevere and do it?
- Does resilience mean you have to struggle and suffer to prove that you are a survivor?
- Does resilience mean you ignore your emotions so that people don't mess with you?
- Does resilience mean you can take all the toxic garbage people and situations give you and you bounce back without one scratch?
- Your definition of resilience becomes your gauge – your benchmark.

HOW TO BUILD RESILIENCE



COACHING QUESTIONS TO BUILD RESILIENCE



- What new knowledge will the challenge give you? What can you do with this new knowledge?
- What new experience will the challenge give you? How will this experience benefit you?
- What inner quality will you need to deal with the challenge? How can this attribute benefit you?
- What actions can you take so that you trust yourself to persevere?

COACHING QUESTIONS TO BUILD RESILIENCE



- What is the first step you would take toward confidently embracing challenges with a can-do attitude? How does that feel?
- What is the biggest lesson you learned from confronting a challenge? What did you need to adapt?
- Do you believe in never giving up or winning your battle? Why or why not? Describe the advantages and disadvantages.

HOW TO BUILD RESILIENCE



RESILIENCE: HOW TO BUILD RESILIENCE WITH [Louise Anne Maurice](#)

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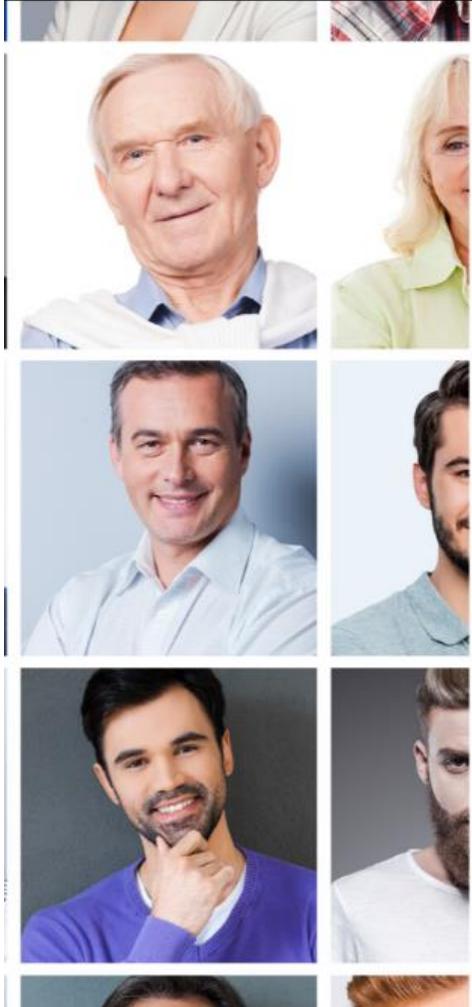
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