



- Essential Questions
  - What is resilience?
  - How is resilience greater than simply coping?
  - Why is resilience important in the work place?
  - How do I become resilient?
  - How do I help others be resilient?



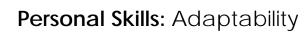
- Students will understand...
  - Resilience is more than just coping; individuals push forward with a plan of action.
  - Resilience requires flexible thinking, seeing different perspectives, and having a plan B.
  - Having meaningful connections with people will assist in developing resiliency.
  - Resilience is important in the workplace in order to manage stress and ensure longevity in the position.

- Students will know...
  - Importance of resilience
  - How to accept challenges and obstacles as learning opportunities
  - Value of a strong support system



- Students will be able to...
  - Define and explain the importance of resilience.
  - Demonstrate turning a challenge into an opportunity for learning.
  - Identify six key support group members.







# Describe a time when you overcame an obstacle or challenge.



Personal Skills: Adaptability

### **Living Beyond Limits**



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- What obstacles or challenges did Amy face?
- How did she overcome those obstacles?
- How do you react when you are met with unforeseen challenges and obstacles?





## Objectives:

- Define and explain the importance of resilience.
- Demonstrate turning a challenge into an opportunity for learning.
- Identify key support group members.







#### Resilience

The ability to become strong, healthy, or successful again after something bad happens.





### RSVP Card prompts:

- What is your opinion about how this relates to your life?
- What is one fact that really struck you?
- What question do you have about this information?
- What is something that contradicts what you previously thought about the subject?





- Why does it matter?
- Why is resilience important?

