

TOPIC: BUILDING RESILIENCE

Benefits of Building Resilience

- Take risks in order to learn more or try new things
- View failure and adversity as necessary steps to your story instead of giving up

Impact on Your Work

- Adaptable to change with innovation and creativity
- Increase determination and drive for success

Four Ways to Help Yourself

1. Keep your focus on the end goal
2. See yourself as a survivor, rather than feeling victimized or sorry for yourself
3. Do good for others – get outside of yourself
4. Look at situations from a variety of perspectives

Resources

- Caterpillar EAP: <https://totalhealth.cat.com/en/eap.html>



Bounce back so you can bounce forward.