



BUILDING RESILIENCE: MOVING INTO TOMORROW

WATS 2023

DAWN WHYTE

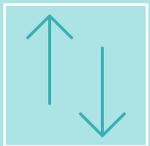
MY STORY...



WHAT IS RESILIENCE



Resilience is not tenacity



the ability of a substance or object to spring back into shape

WHAT IS RESILIENCE

“...adapting to difficulties and life challenges, especially through mental, emotional and behavioral flexibility and adapting to external and internal demands”





RESILIENCE IS NOT AN
END GOAL, RATHER A
JOURNEY AND A SKILL
TO BE LEARNED



MANAGE CHANGE



SELF CONTROL

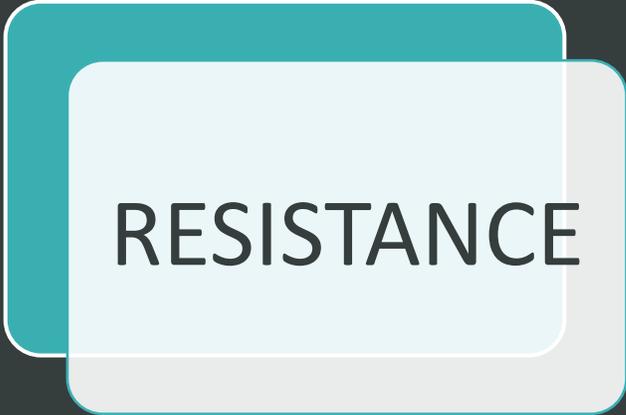


SELF CARE

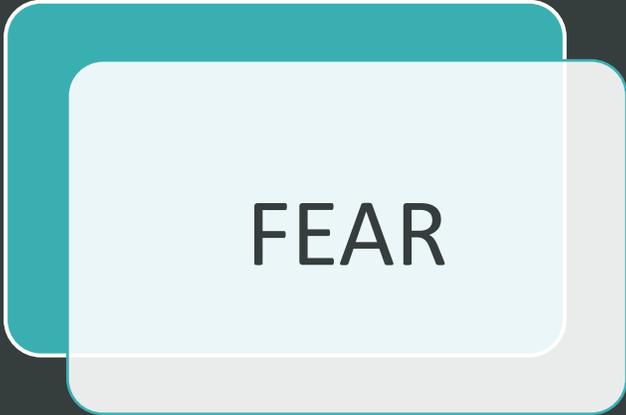


WHY DO WE WANT TO BE RESILIENT

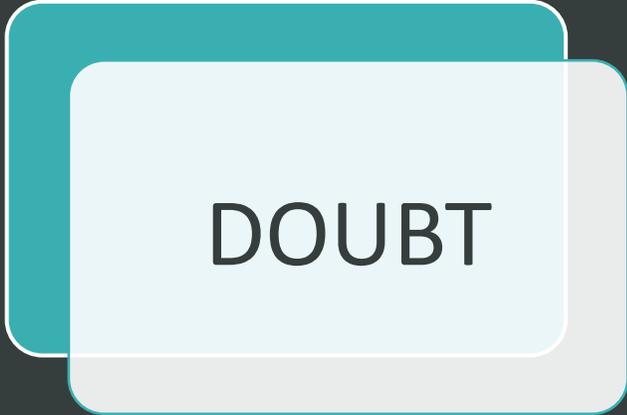
BARRIERS TO RESILIENCE



RESISTANCE



FEAR



DOUBT

STAYING PRESENT

MINDSET

PURPOSE

CONFIDENCE

COMMUNITY

STRATEGIES FOR
RESILIENCE



THANK YOU FOR THE
OPPORTUNITY

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