



# 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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