

# LESSONS IN RESILIENCE

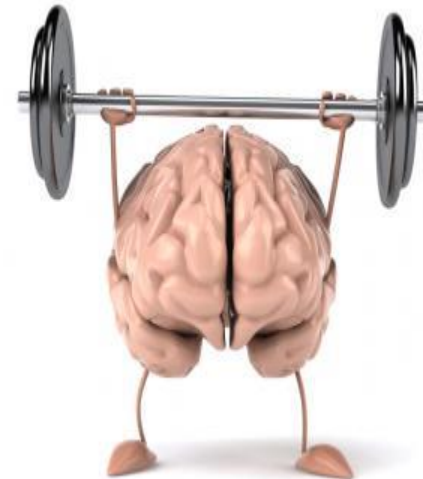
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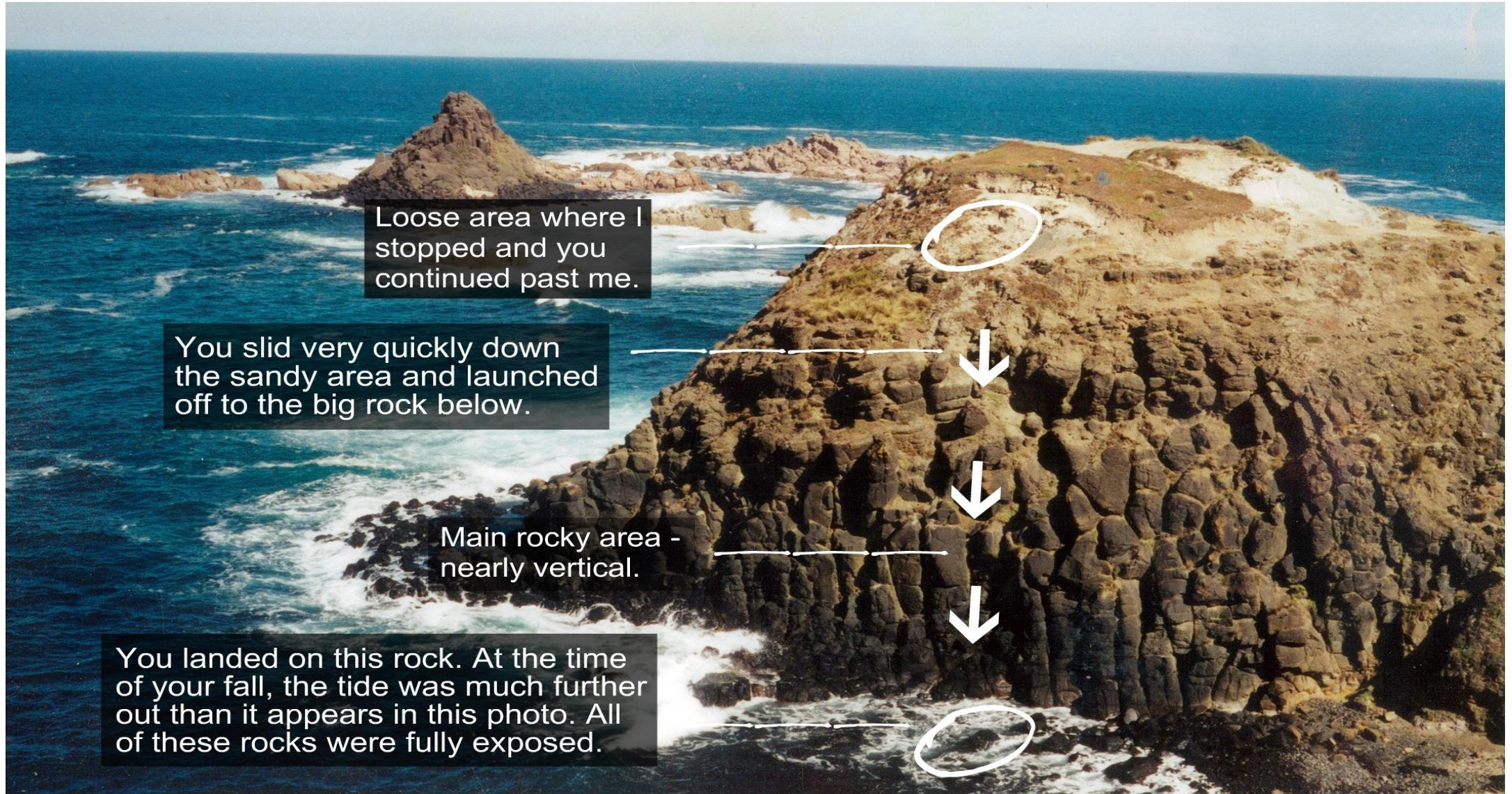
How to strengthen your **Mental Health** during challenging times.



# Why is Resilience so Elusive?

- Feed the Enemy of your Mind
- Rely on the Unreliable
- Lack of Clarity or Direction
- No Personal History





Loose area where I stopped and you continued past me.

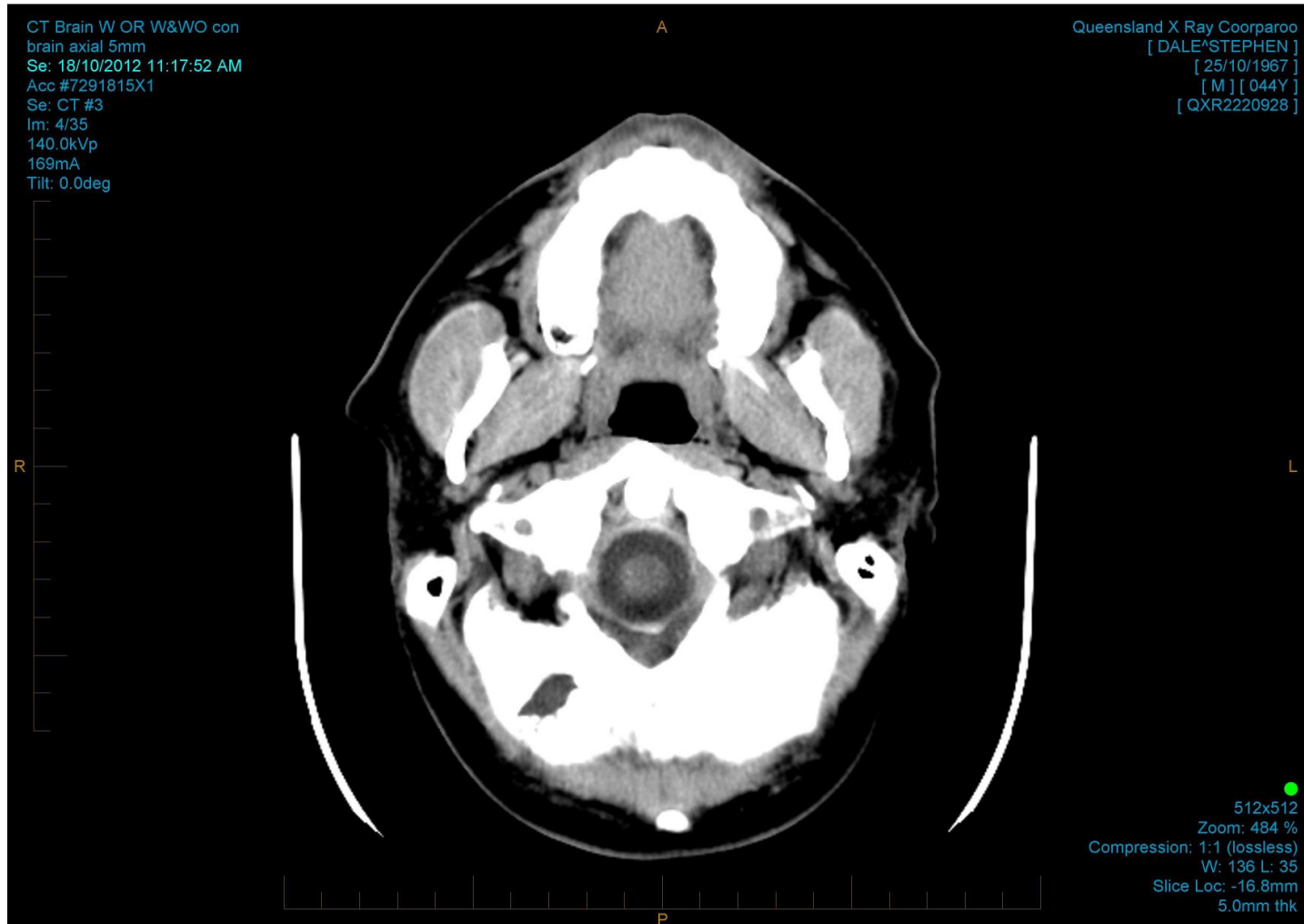
You slid very quickly down the sandy area and launched off to the big rock below.

Main rocky area - nearly vertical.

You landed on this rock. At the time of your fall, the tide was much further out than it appears in this photo. All of these rocks were fully exposed.

Pyramid Rock, Phillip Island 25.02.89

# Axial Image from CT 4

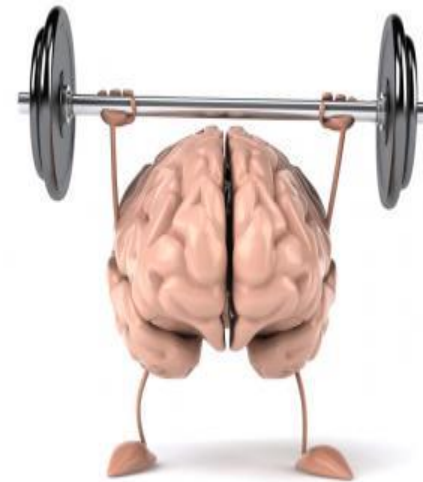


# Coronal Image from CT6



# How to Strengthen your Mental Health during Challenging Times

- Are you a victim or a champion?
- Prepare for the long game, every day
- Determine your environment
- Become your goal
- Build your new legacy
- Develop a Spirit of Willingness



# *Are you Willing?*



# Value Added

- Bouncing Back When You Hit Rock Bottom
- Expanded Presentation
- New Rules of Leadership
- Bounce Back Champion

