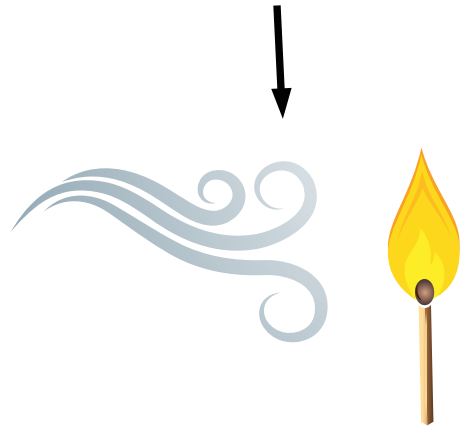
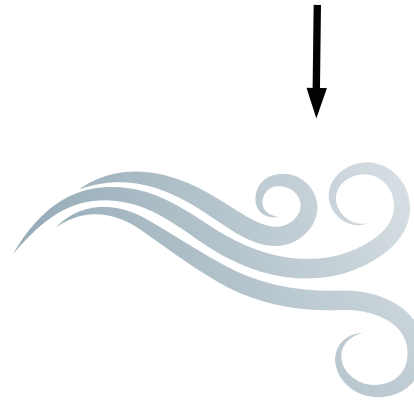


The 4 Sources of Resilience

What happens when the wind blows on a match?



What happens when the wind blows on a campfire?



What makes the campfire stronger or more resilient than the match?



Remember: For us to be resilient we need to access multiple sources of fuel. It's also important to remember that we cannot be resilient without adversity!