

Resilience is a process not a trait

All people have the capacity for resilience

Most individuals do make it despite exposure to severe risk.

Coming from a risk environment does not determine individual outcomes

Bad behaviour does not equate with being a bad person.

Challenging life experiences and events can be opportunities for growth, development and change.

Many personal strengths are associated with resilience.

Three major environmental protective factors can be identified that mitigate adversities and nourish personal strengths

1. Caring relationships
2. High expectations
3. Opportunities to participate and contribute.

As a practitioner, it is how you do what you do that counts.

To help others you need to help yourself; resilience is a parallel process.

Resilience begins with beliefs

One person can make a difference in the life of another person.