

Resilience: A Moderator of Emotional Intelligence

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**WHAT HAPPENS IN VAGUENESS
STAYS IN VAGUENESS**

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**“If *adversity* is the trip we take,
resilience paves the road.”**

- Unknown

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“Resilience isn’t a single skill. It’s a variety of skills and coping mechanisms. To bounce back from bumps in the road as well as failures, you should focus on emphasizing the positive.”

-Jean Chatzky

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5 Resilience Practices: Thrive as a Leader



THEY ALWAYS SAY

TIME CHANGES THINGS,

BUT YOU

(ACTUALLY HAVE TO CHANGE THEM)

YOURSELF.

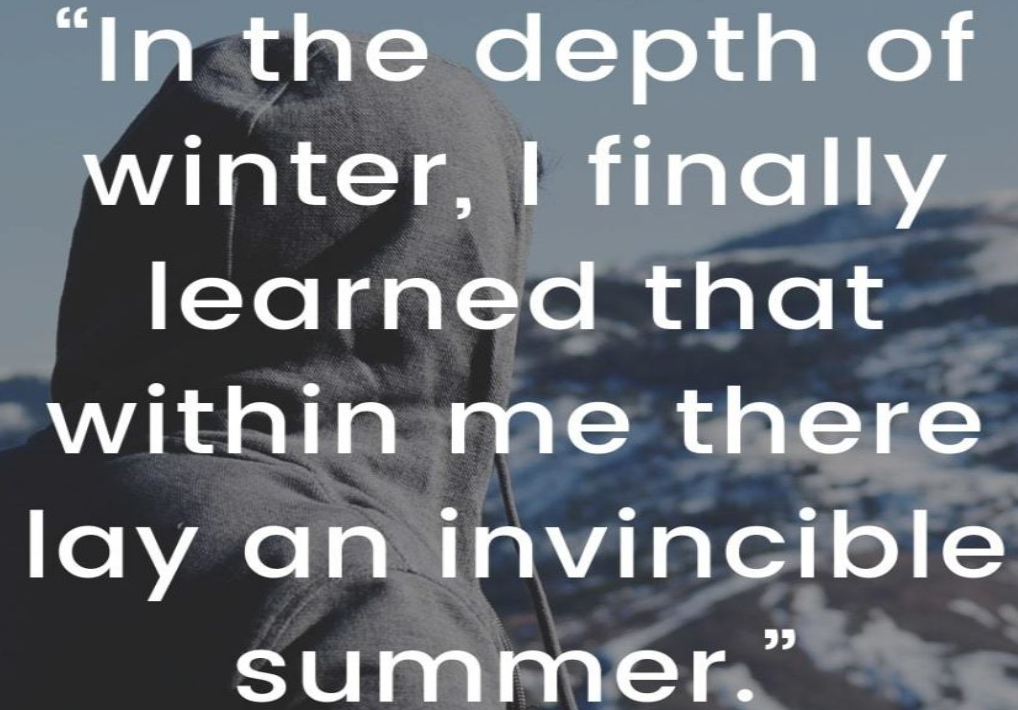


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“In the depth of winter, I finally learned that within me there lay an invincible summer.”

Albert Camus

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