

The Strengths of Resilience

So who is prioritizing Resilience Training & Development? Crisis responders. Caregivers. Law enforcement and military. Educators. In professional fields and in lives where the stakes are high, research and experience show it as effective, efficient and relevant.

What are its proven strengths for its students? We can cite some of them here:

- Calm Under Pressure
- Happiness & Emotional Intelligence
- Pre-Crisis Conditioning
- Measured Recovery After Crisis
- Long View/Big Picture Perspective
- Meaningful Relationships
- Strategic Self-Support Structures
- Good Health Habits
- Compassion & Optimism
- Adaptability & Creativity
- Joy & Purpose

In our most challenging situations, we don't need entirely new people to come in and cope. We need all the people who are already there to be able to show up as their best selves, with full tool boxes and feeling grounded, supported and coming from a place of easy generosity. This is what we want for everyone who has a hand in the care and protection of those we love.

And these solutions and skills are learnable and teachable, then engineered from within each situation and organization by those who will be most affected. This is the biggest gift you give your team, your families, your clients — the capacity to shine more often, and more brightly.

Practical. Actionable. Feeding both well-being and performance. This is helping your team be who they really want to be.

Call to talk with me about resilience in your situation.



406.581.1522

Lorca Smetana

www.lorcasmctana.com