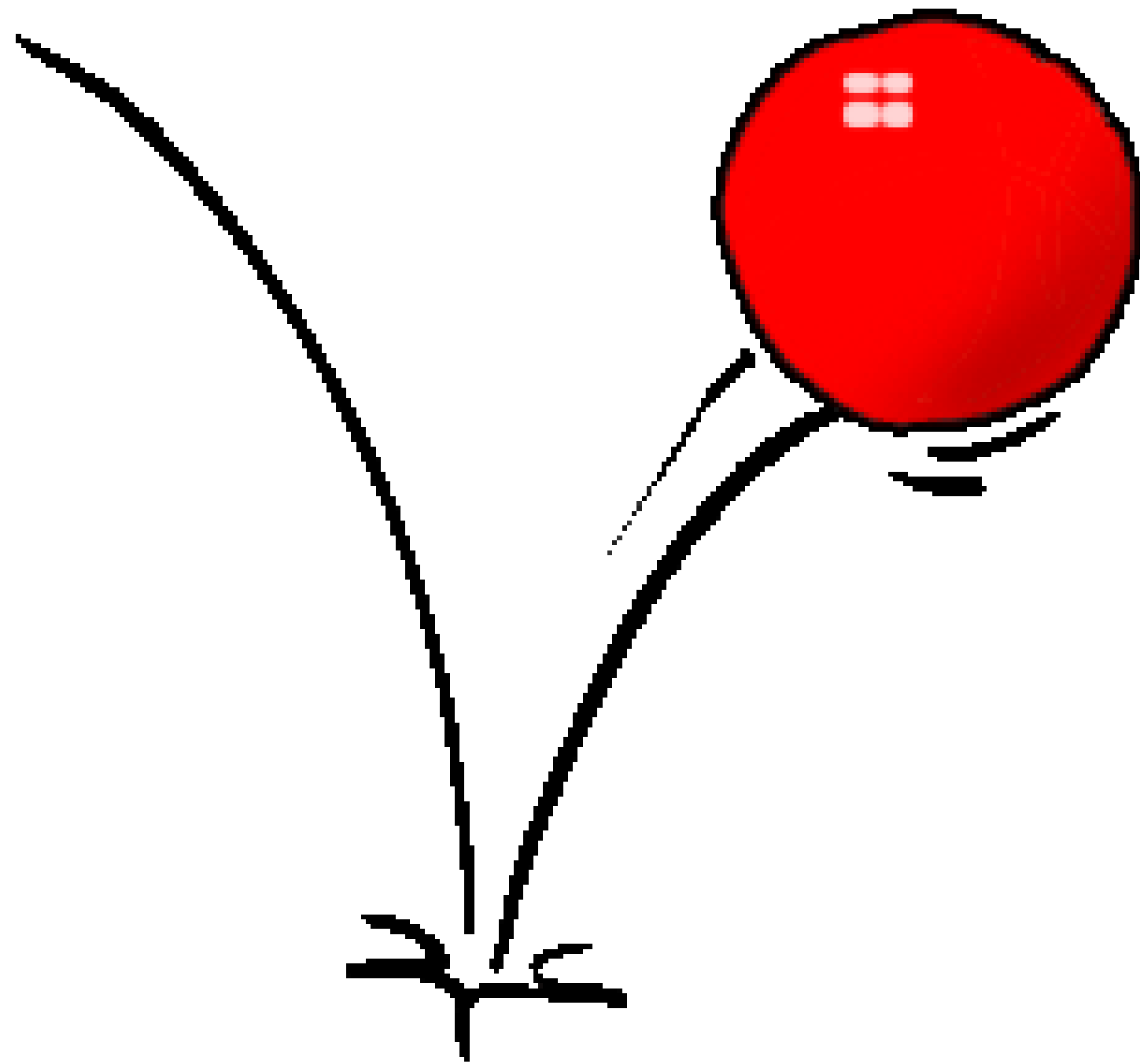


# 3 C'S OF RESILIENCE

Resilience is something that can be built and developed. It is about choosing to be resilient.

Circumstance

Consequence



Choice

# 3 C's of Resilience

## Circumstance

What is the situation you are facing?

## Choice

What do you think would be the next right choice to make?

## Consequence

What are the consequences (both short term and long term) of the choice made?