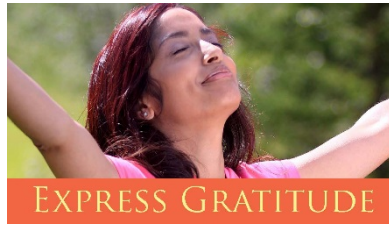
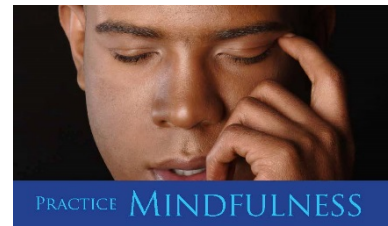




Be (your best self)



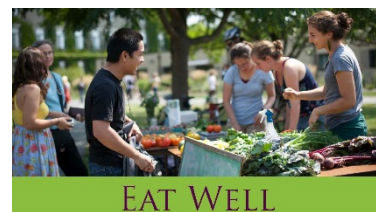
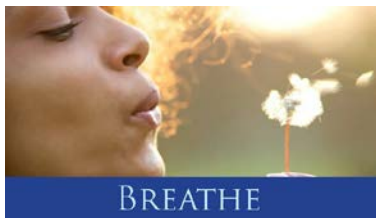
Make meaning



Reflect



Engage



Practice

# Resilience Pyramid