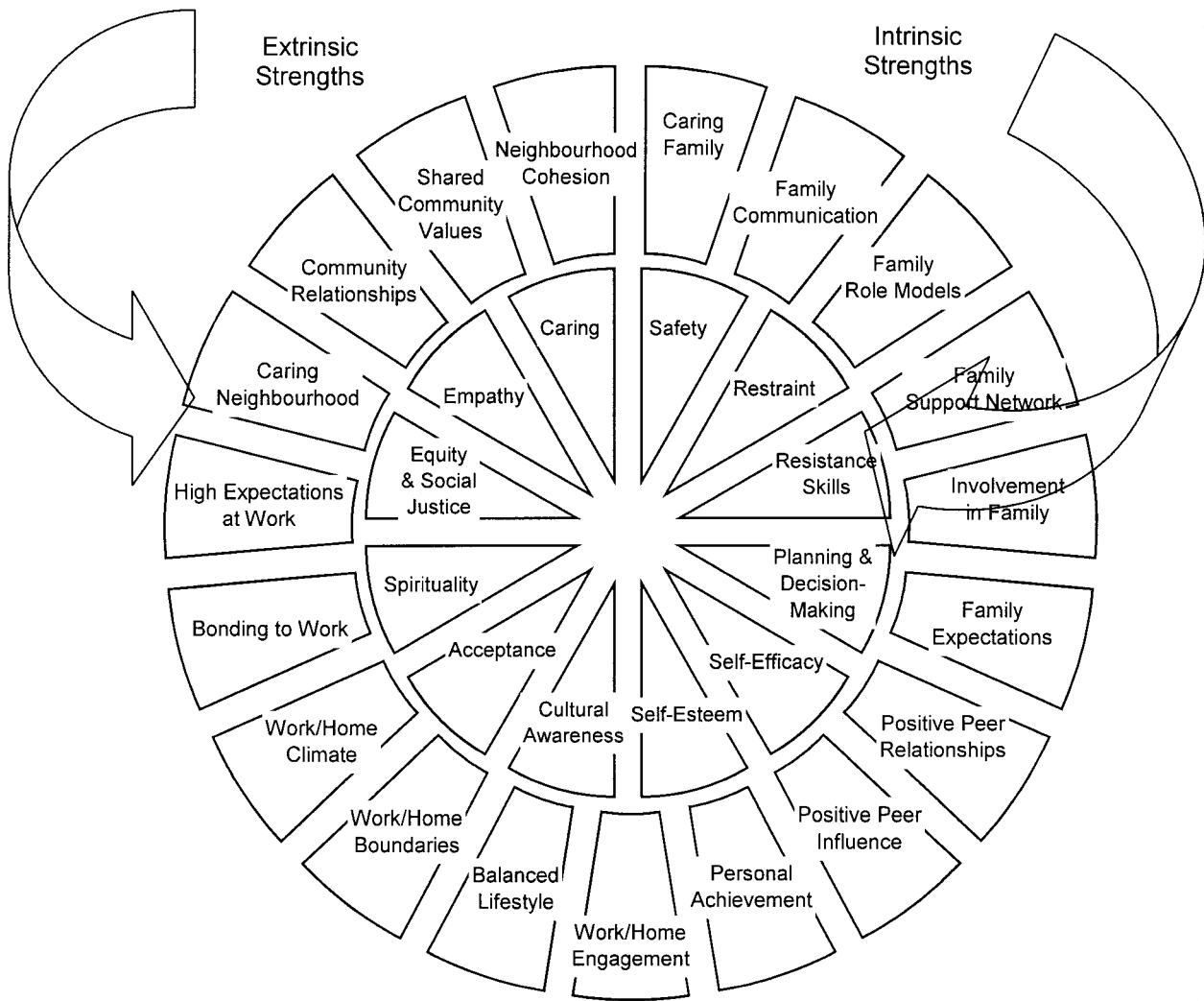


## Holistic Approach to Understanding What Contributes to Adult Resiliency

The resiliency factors/developmental strengths represent fundamental elements found to be essential for all persons to become productive and responsible adults in society. Utilizing a holistic approach to understanding the resiliency factors that contribute to human development, the diagram depicts the extrinsic (outer ring) and intrinsic (inner pie) strengths related to adult resiliency.



Adult Resiliency: Assessing Developmental Strengths and the Developmental Strengths resiliency framework presented in the Resiliency For Life Workshop Guidebook are copyright © 2002 by Resiliency Canada.