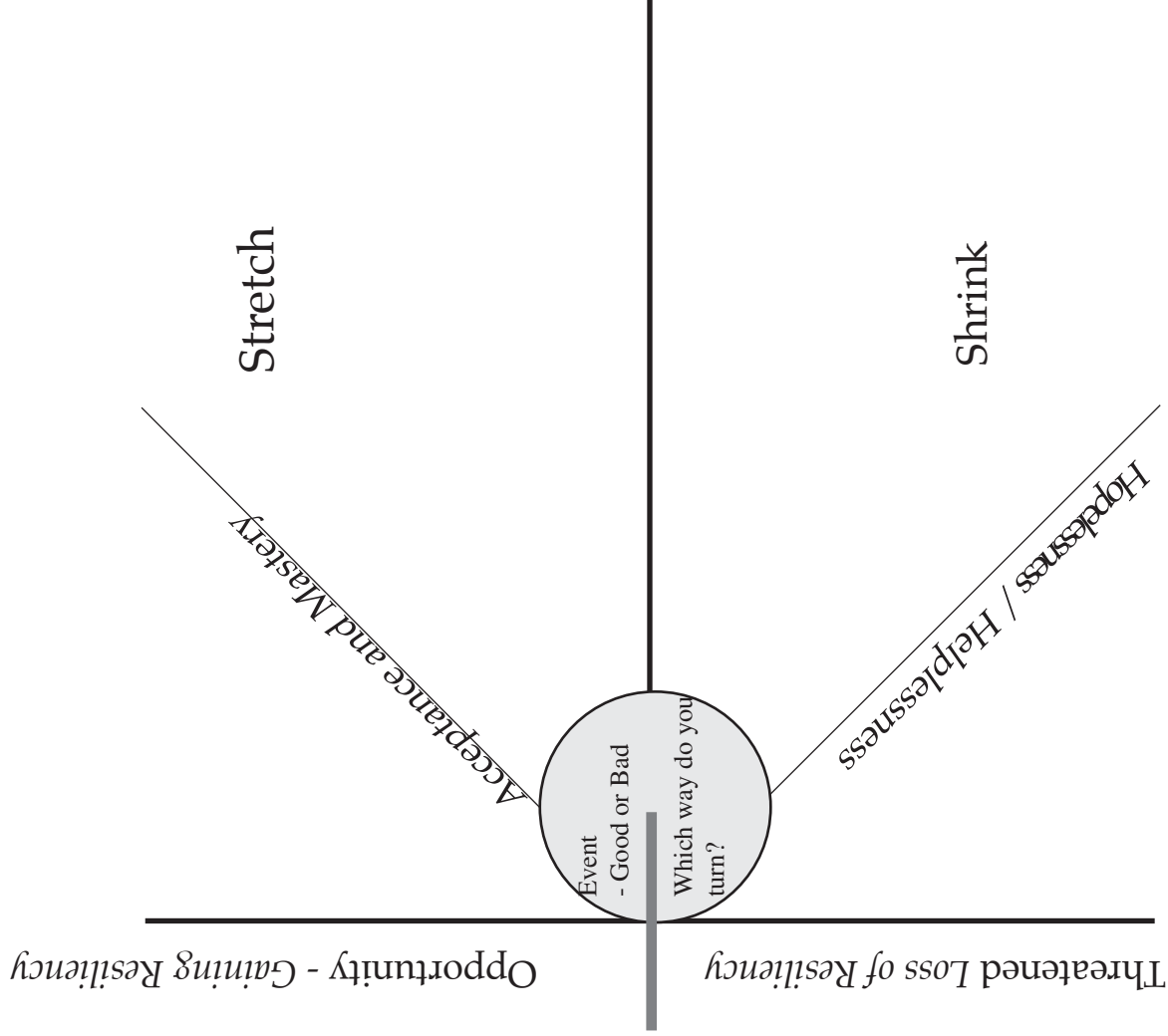


Resiliency Model One



This is the normal range of human behaviour when we experience a challenge or serious upset. Resiliency skills help us stretch upwards often out of our comfort zones. We benefit and gain greater depth to our skills and understanding. This can give us a greater sense of control and mastery over the situation.