

Resilience for a better life.

The Resilience Mindset™



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The 6 C's of Strong Character



clarity/control/commitment/courage/compassion/connection

Clarity

Having clarity, both of vision and purpose, requires perspective and deep reflection. reflection. It brings peace of mind, and down with good intention, infused with wisdom, leads humility and fairness.

Control

Being able to remain good tempered, and moderate ones behaviour, allows energy to be prudently allocated.

Commitment

Being committed requires both faith and perseverance.

Courage

‘Acting in the face of fear’ requires bravery, hope and passion.

Compassion

Compassion encompasses acts of kindness and affection and results in one being both merciful and grateful.

Connection

Valuing and achieving connection with others require a cooperation stance that is willing to both empathize with and appreciate the dignity of others; it inspires loyalty.

These are qualities of character that exemplify values that contribute to living a Resilient life..

