

Resilience

Deborah Ellis, PhD, MPH, CIC



Let's Face It! We've been TRAUMATIZED

- Exhausted before the Covid Pandemic
- Stress and Burnout during the Pandemic
- It's not over – at least not for us

Resilience

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What is Reliance?



Presentation title



Resilience



- The ability to persevere in the face of setbacks
- The ability to bounce back from failure
- Grit – falling five times, getting up six
- A quality that can be learned and developed
- Often the key to success

Resilience vs Fortitude vs Perseverance



- **Resilience** is recovering and moving on after dealing with difficult events quickly
- **Fortitude** is finding the strength to meet adversity with courage
- **Perseverance** is continuing a course of action no matter what—including failure or opposition

20XX

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Professional and Personal Resilience



"I don't like to lose -- at anything -- yet I've grown most not from victories, but setbacks.

I really think a champion is defined not by their wins but by how they can recover when they fall."

Serena Williams

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The way to get started, is to quit talking and begin doing.

Walt Disney

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Keep on going!

Resilience and Fortitude

Perseverance and
Resilience

Fortitude and



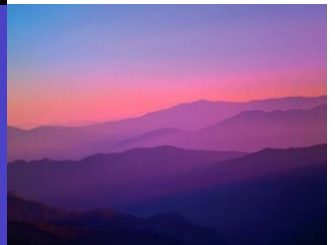
Resilience

Fall twice, get up thrice



Rudyard
Kipling

If





Thank
you