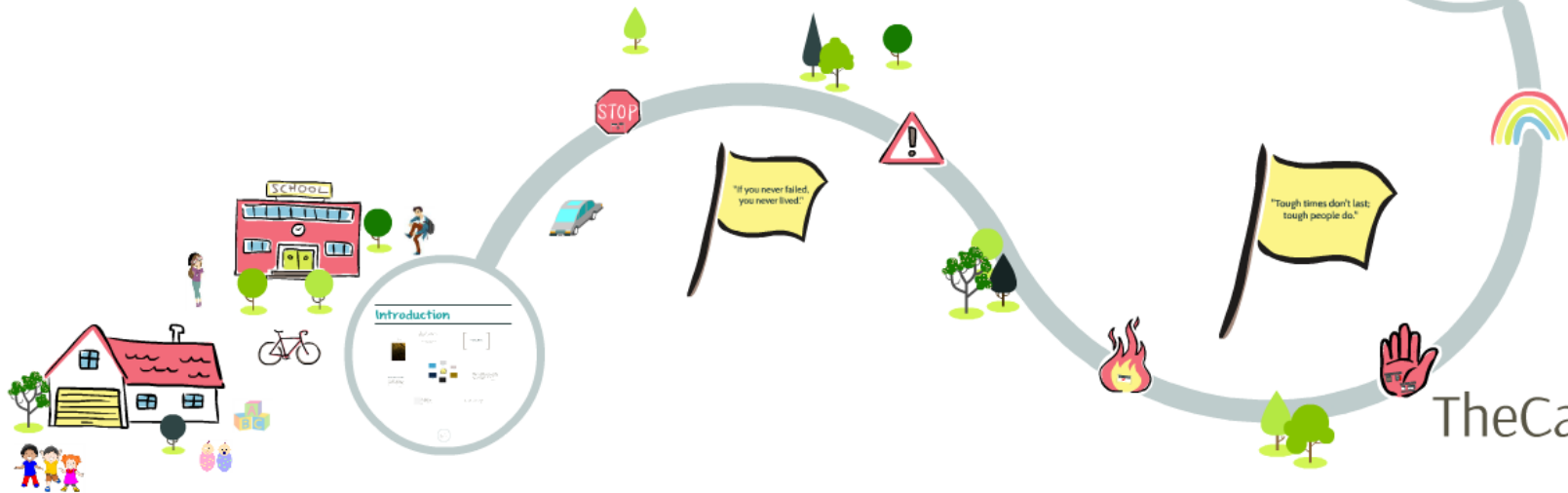




Resilience at InterMune



TheCaseSolution.Com

Introduction

When was a time when one of the principles was honored or violated? How did it feel?

What is a time when you went through a difficult situation?

What is resilience?



Important Characteristics of Resilience

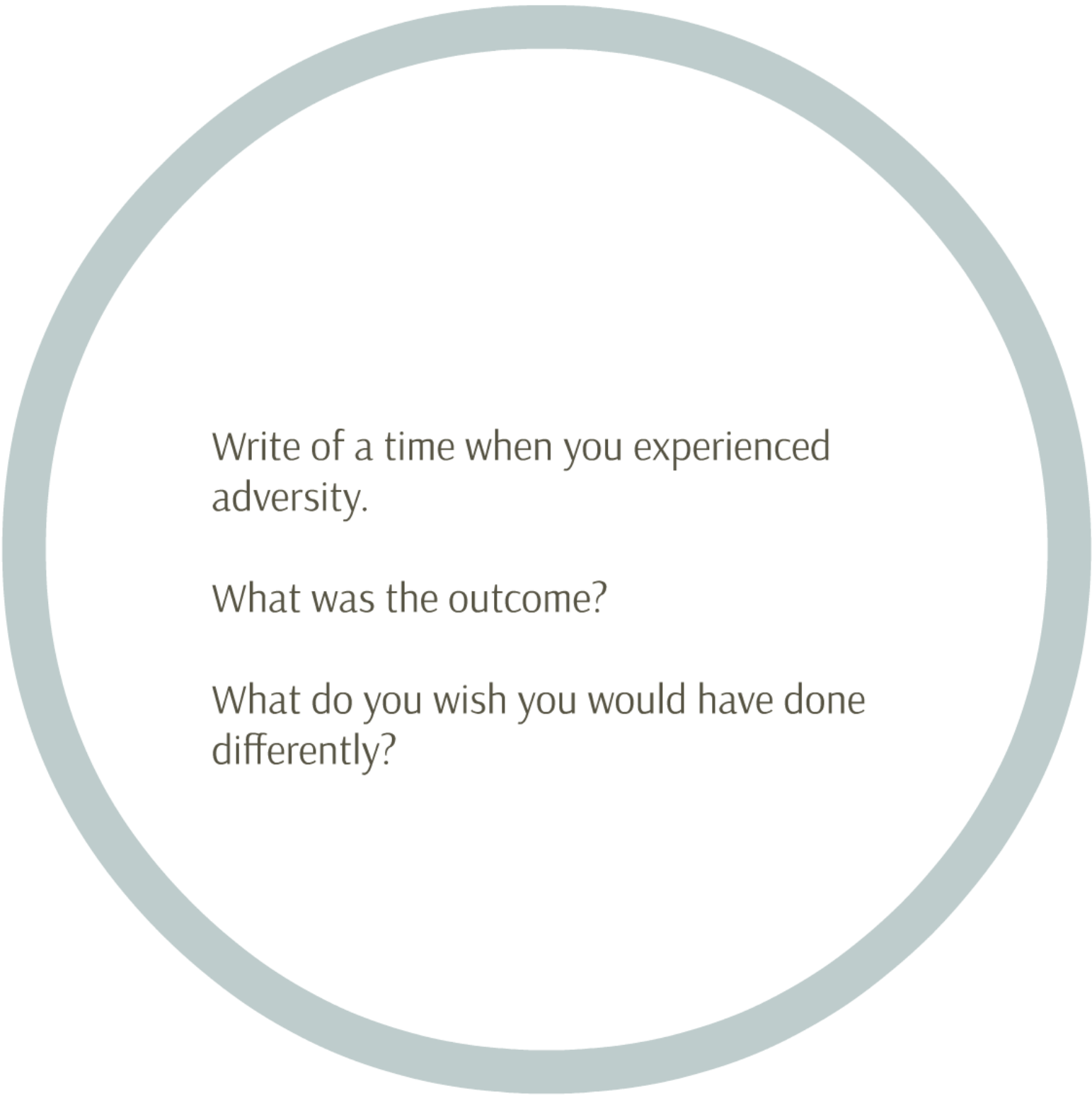
Resilient people do not avoid difficulties. They face them head-on and learn from them. They do not let difficulties define them. They do not let difficulties control them. They do not let difficulties defeat them. They do not let difficulties discourage them. They do not let difficulties discourage them. They do not let difficulties discourage them.

Why does some people can bounce back and do well in life after facing adversity, but others can not?

Resilience is not a fixed trait. It is a skill that can be learned and practiced. It is a process, not a product. It is a journey, not a destination.







Write of a time when you experienced adversity.

What was the outcome?

What do you wish you would have done differently?

DEBT

Money



Health



Romantic Relationships



Family



World/Societal Issues



Interpersonal Relationships



Family



Romantic Relationships