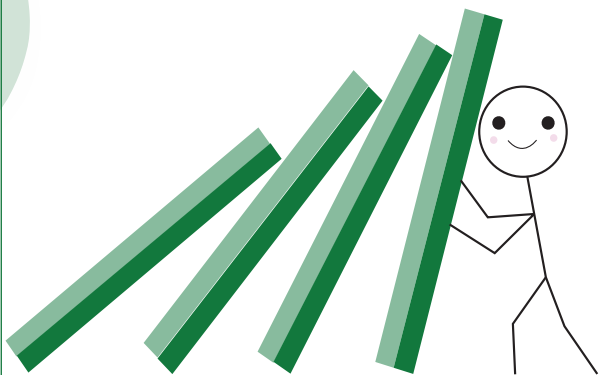


Resilience



Support
me 

Resilience

Knowledge

- Knows how to deal with new situations
- Knows the meaning and the benefits of being resilient

Skills

- Is able to adapt to new life contexts, to evolve, and to recover from difficulties
- Is able to identify challenges, opportunities

Attitudes

- Has a positive/proactive attitude towards change
- Is motivated to quickly recover from difficulties

