



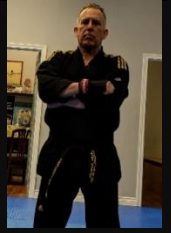
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## WSPS Presentation: Resilience is **Your** H&S Asset to Forge New Value Supplemental Materials

Resilience is one of the most popular and sought-after areas of personal growth, even before the Covid pandemic. Businesses yearn for resilience, the ability to not just endure, but to thrive and recover faster.

To save you time and energy, here is a curated list of additional resources to help you explore resilience more deeply, for you and your employer.

- Building Resilience in tough times [here](#)
- American Psychology Association guidance on building resilience & neuroplasticity [here](#)
- McKinsey on adapting to thrive amidst global change [here](#)
- Forbes on how a growth mindset helps you outperform [here](#)
- Strategy+Business on how playing the role of coach is highly valued [here](#)
- McKinsey on how leading organizations leverage resilience mindset to get ahead [here](#)

In addition you can find more materials on my website [here](#).

Interested in how Resilience coaching can help your organization thrive during Covid? Send me an [email](#) and book time to explore the benefits and value to you and your employer of building personal and organizational resilience.

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See Kirby's YouTube channels on Taekwondo [here](#), Kirby's Unleashed Thoughts [here](#) and the GYST Method [here](#).

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