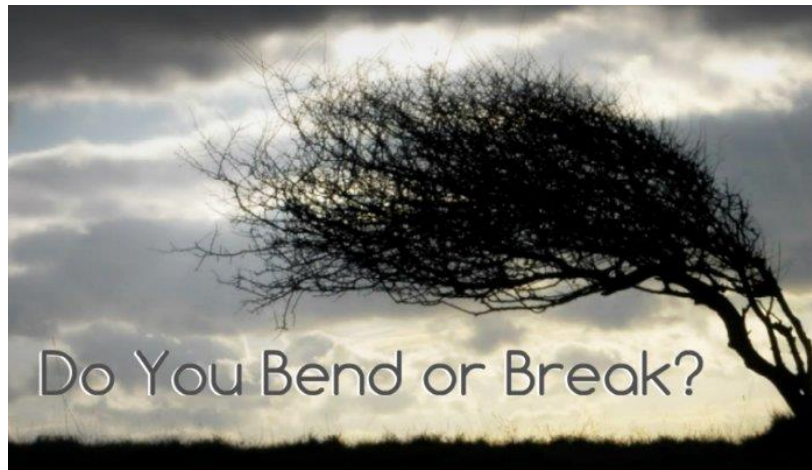


Value of the month

November

# Resilience

“The greatest glory in living lies not in never falling, but in rising every time we fall.” – Nelson Mandela.



What does resilience look like?

People who show resilience:

- Bounce back from disappointment
- Carry on against the odds
- Put on a brave face

People who show resilience realise:

- You should focus on the future
- Having a positive attitude helps you succeed
- Not giving up helps you to feel proud of your achievements and yourself

People show resilience by:

- Believing in themselves
- Having a positive attitude
- Bouncing back from disappointment