

The 'Resilience' Factor: From Strength to Strength

The power of resilience to meet life's challenges can never be underestimated: a self-reflection and exploration of my learning from others...



- * As a child I remember questioning my mother and father on why my brother's eyes were permanently closed and why he couldn't hear me – the learning begins early.

- * meeting incredibly resilient people on my journey from east to West Africa in the 1980s greatly influenced my attitude to life: stories of combating hardship.

- * the feeling of numbness when you are told your baby has a 50% chance of survival due to being born 4 months premature... the roller coaster experience 13 years ago.

- * influencing others to be positive and resilient leaders – a conversation as a Region Manager in a large public sector organisation.