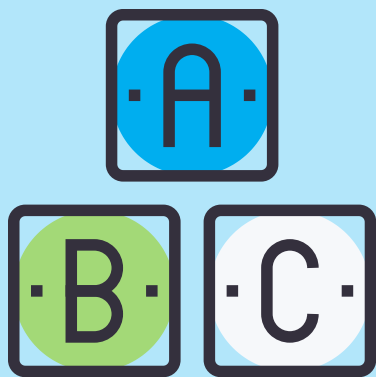


# The Resilience Toolkit

PRACTICAL STRATEGIES TO BOUNCE BACK STRONGER  
IN YOUR CAREER.



## 1.) REFRAME THE STORY

- Shift from “I failed” → “I’m learning.”
- Focus on what’s in your control.
- Write a new growth-focused version of the setback.

## 2.) BUILD MICRO-HABITS

- Brisk walk or stretch breaks
- 2 minutes of deep breathing
- Quick call with a peer



## 3.) CREATE A RESILIENCE ROLODEX

- People who encourage you
- Activities that recharge you
- Quotes or reminders that shift perspective

## 4.) SET SHORT-TERM WINS

- Finish a draft
- Schedule a networking chat
- Cross off a lingering task



Resilience isn't just grit; it's also grace.

*Be kind to yourself.*

Self-compassion fuels long-term  
motivation.

**EVERY COMEBACK MAKES  
YOU STRONGER.**

Your toolkit isn't just for bouncing back. It's for  
moving forward with clarity and confidence.

