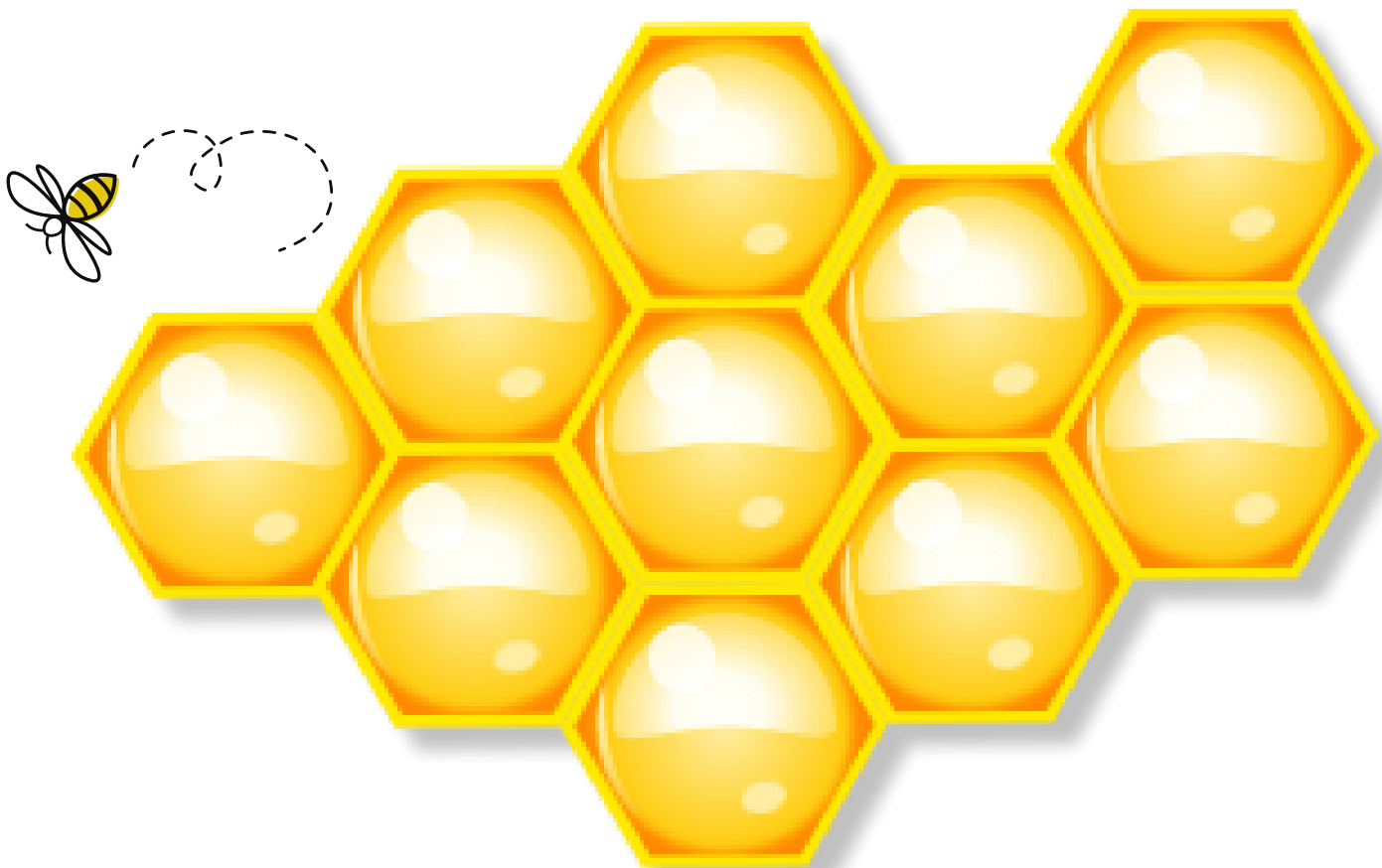


**Build your resilience by concentrating your personal growth in four key areas.**

**(Click on each section below to learn more)**

**1. Mental**

**2. Physical**



**4. Societal**

**3. Emotional**

**Resilience is a very strong predictor of adaptable leadership performance and it is the defining leadership capability of the 21st century<sup>1</sup>.**

<sup>1</sup>Diane Couth in How Resilience Works, the HBR (2002).