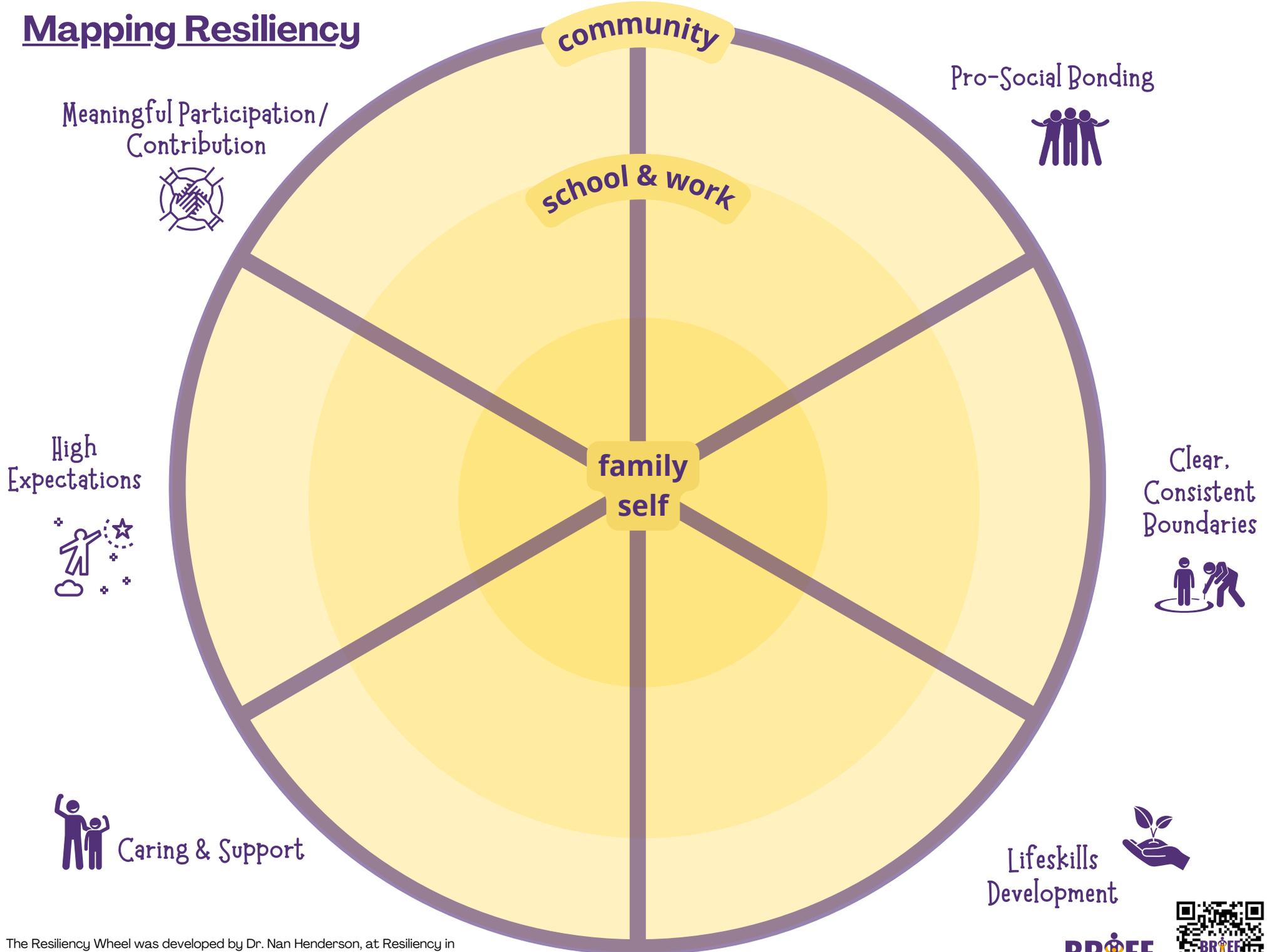


Mapping Resiliency



The Resiliency Wheel was developed by Dr. Nan Henderson, at Resiliency in Action, to summarize the external supports and protective factors that help us all bounce back from adversity. To learn more about Dr. Nan Henderson's work, please visit www.resiliency.com. The Resiliency Map was adapted by BRIEF.



Resiliency

is how we bounce back from challenges



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