

How to evaluate, manage

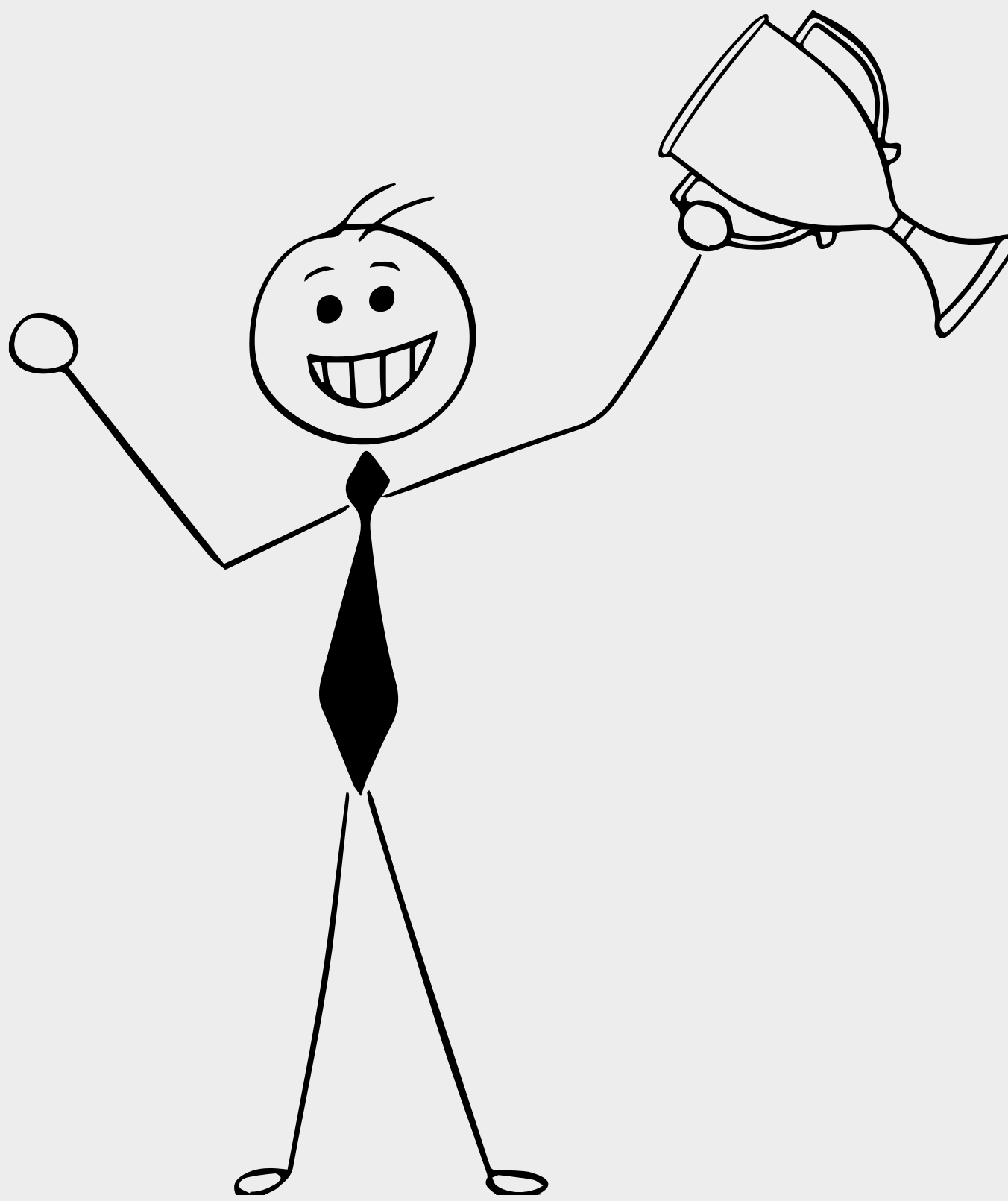
and strengthen your

resilience

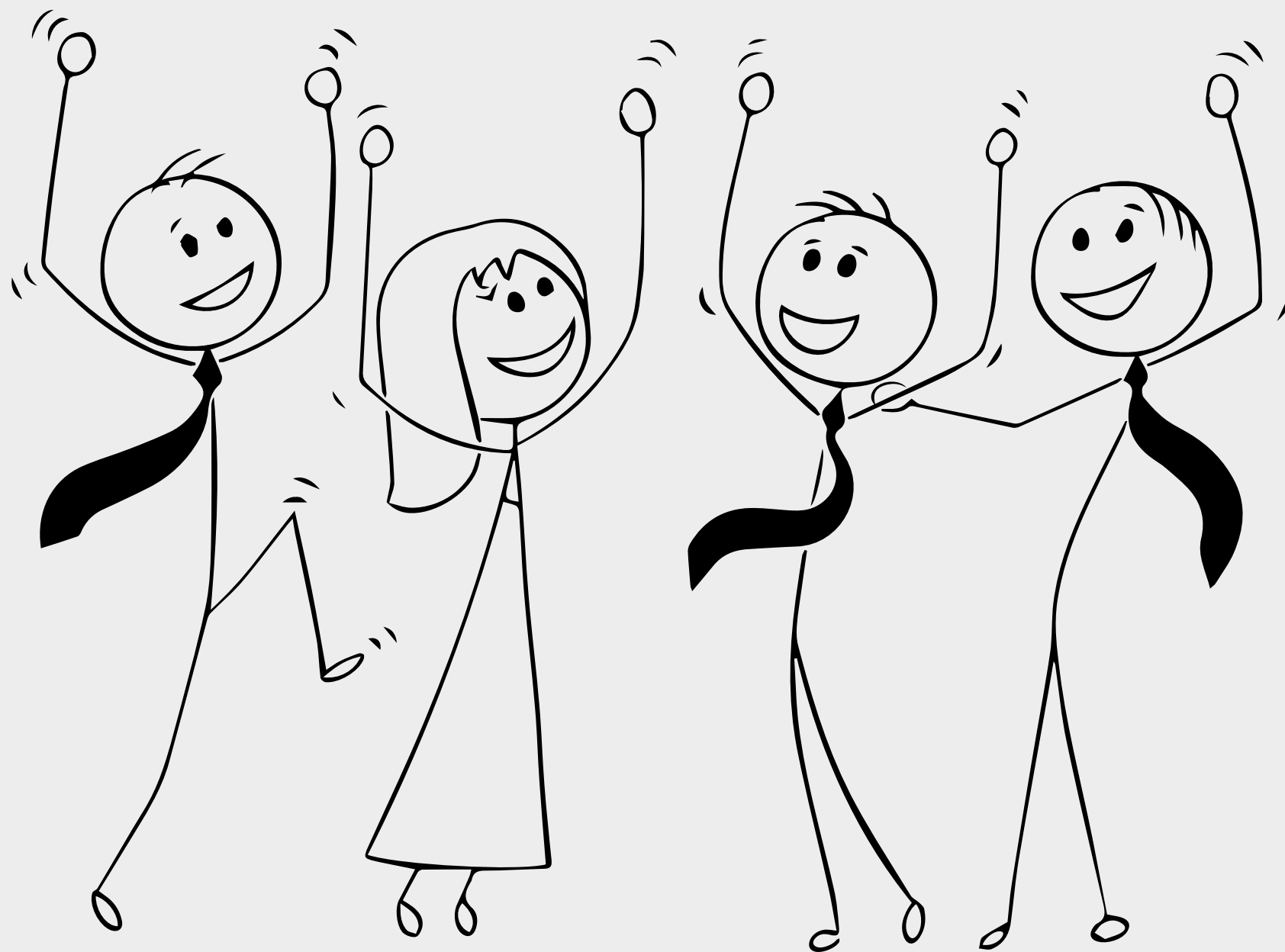


Beyond
Recruitment

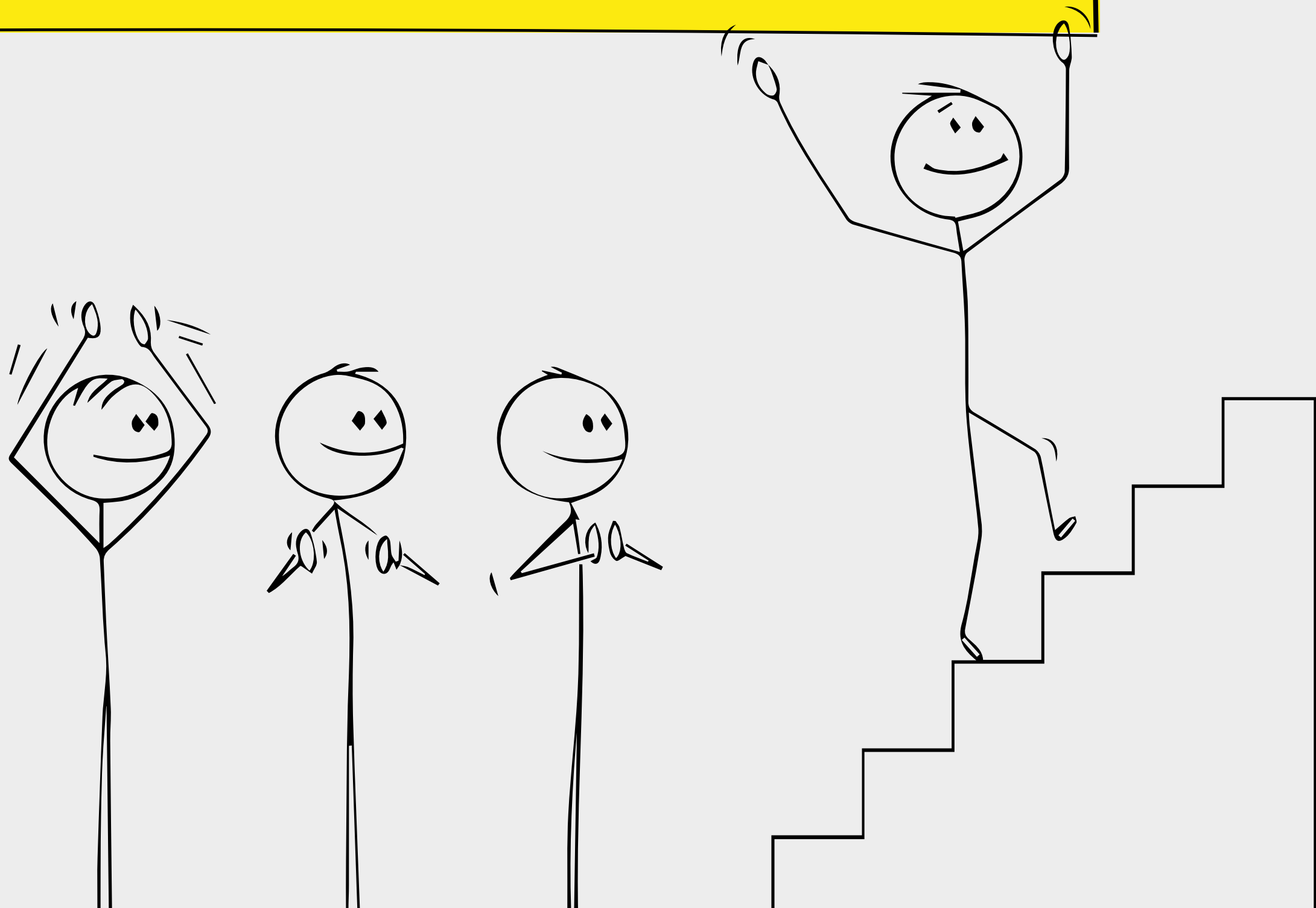
Keep a documented record of your achievements to reflect and gain inspiration from.



**Positivity begets positivity.
Your resilience grows when
you surround yourself with
likeminded people and may
even encourage others to
follow your path of positivity.**



Pay attention to the type of resources that can help increase your overall resilience levels and invest more in those areas such as family, health, hobbies and others.



Maintain a regular review of your resilience and positivity assets. This helps you check-in with yourself and identify the need for improvement as required.

