

# ***Building Resilience in Your Team: Is It the Antithesis of Support?***

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Resilience: what is it and is it enough?



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enough?





Is this support?



What is preferable?



Celebrate. Connect. Grow.

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# Recommended reading

- “Flourish” Martin Seligman:

<http://www.authentic happiness.sas.upenn.edu/newsletter.aspx?id=1554>

- “Positivity” Barbara Frederickson:

[http://www.youtube.com/watch?v=Ds\\_9Df6dK7c](http://www.youtube.com/watch?v=Ds_9Df6dK7c)

- “Standing Without Shoes” George Burns & Helen Street

<http://www.georgeburns.com.au/books-by-george.php>

- “Mental Health First Aid”

<http://www.mhfa.com.au/cms/mhfa-downloads/>

- “Anxiety Online” Swinburne University

<http://www.anxietyonline.org.au/>