

Resilience

Our Way



ODLL/Session title / version x monthyear



**Organisational
Development,
Leadership & Learning**

Dignity and Respect

Openness, Honesty and
Responsibility

Quality and Teamwork

Care and Compassion

Resilience and You



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One way of looking at it - 'Ordinary Magic'. (Anne Masten, Child Development)



So what makes you resilient?



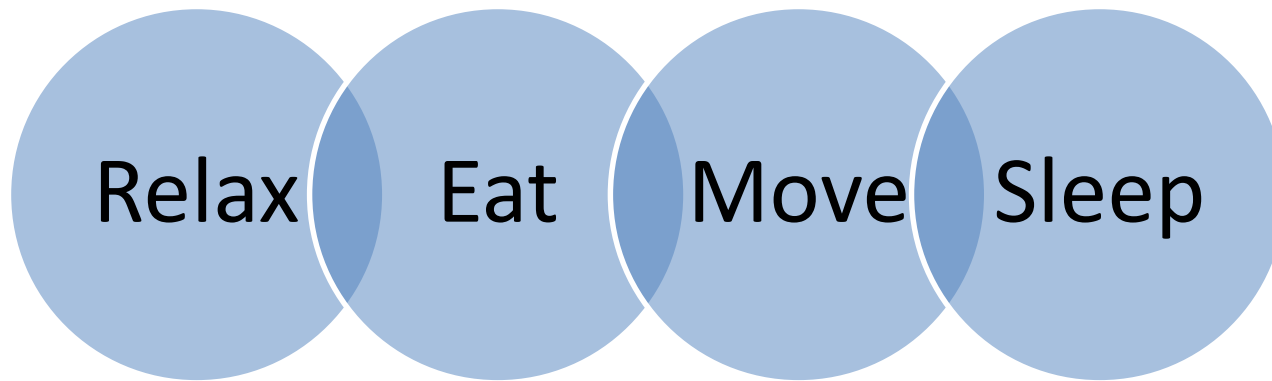
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The Four Pillars of Health – Dr Rangan Chatterjee



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How resilient are you?



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Building Resilience



Dignity and Respect

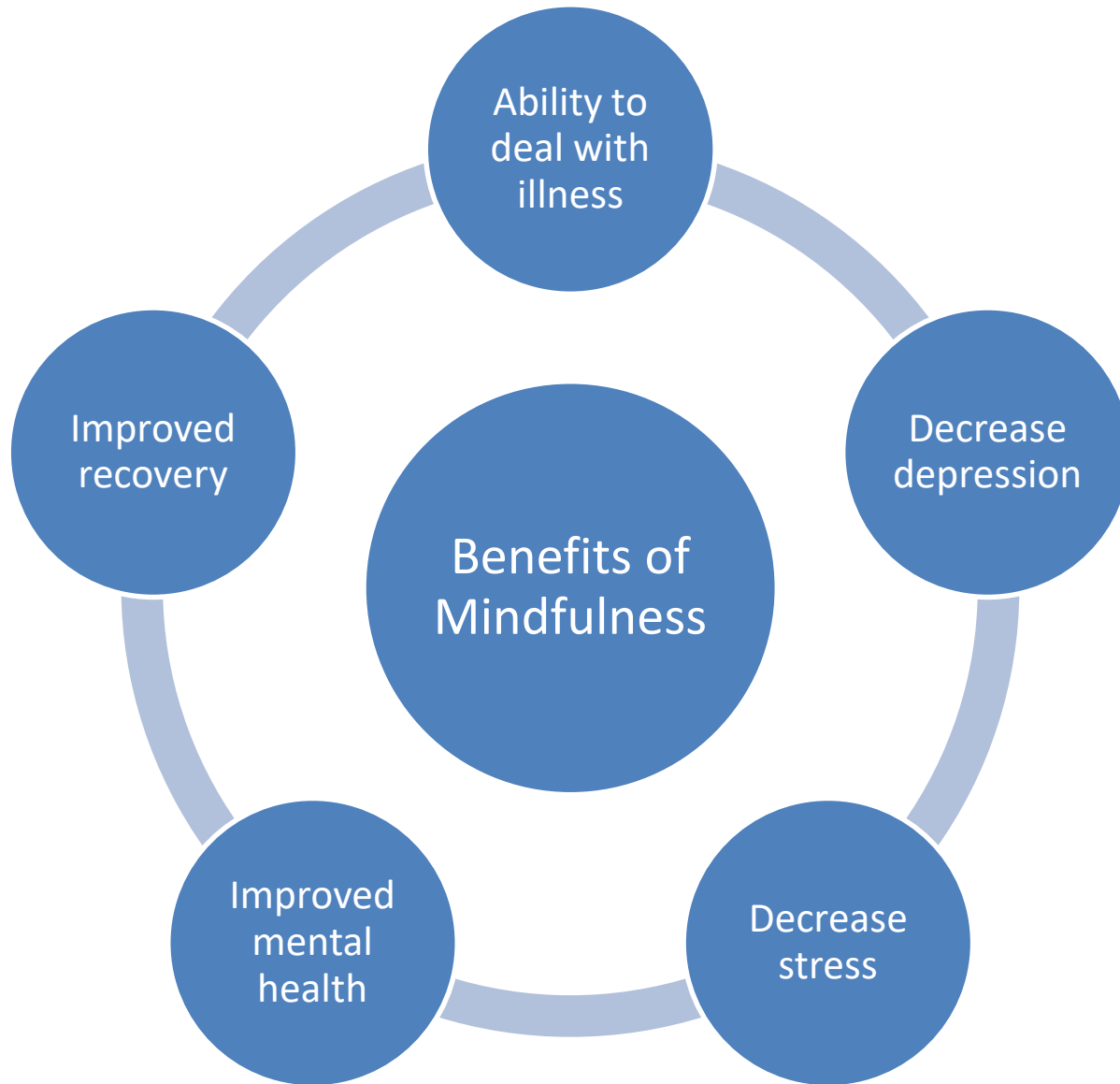
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Mindfulness





Mindfulness Exercise



This resource may be made available, in full or summary form, in alternative formats and community languages.
Please contact us on **0131 656 3200** or email **altformats@nes.scot.nhs.uk** to discuss how
we can best meet your requirements.



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