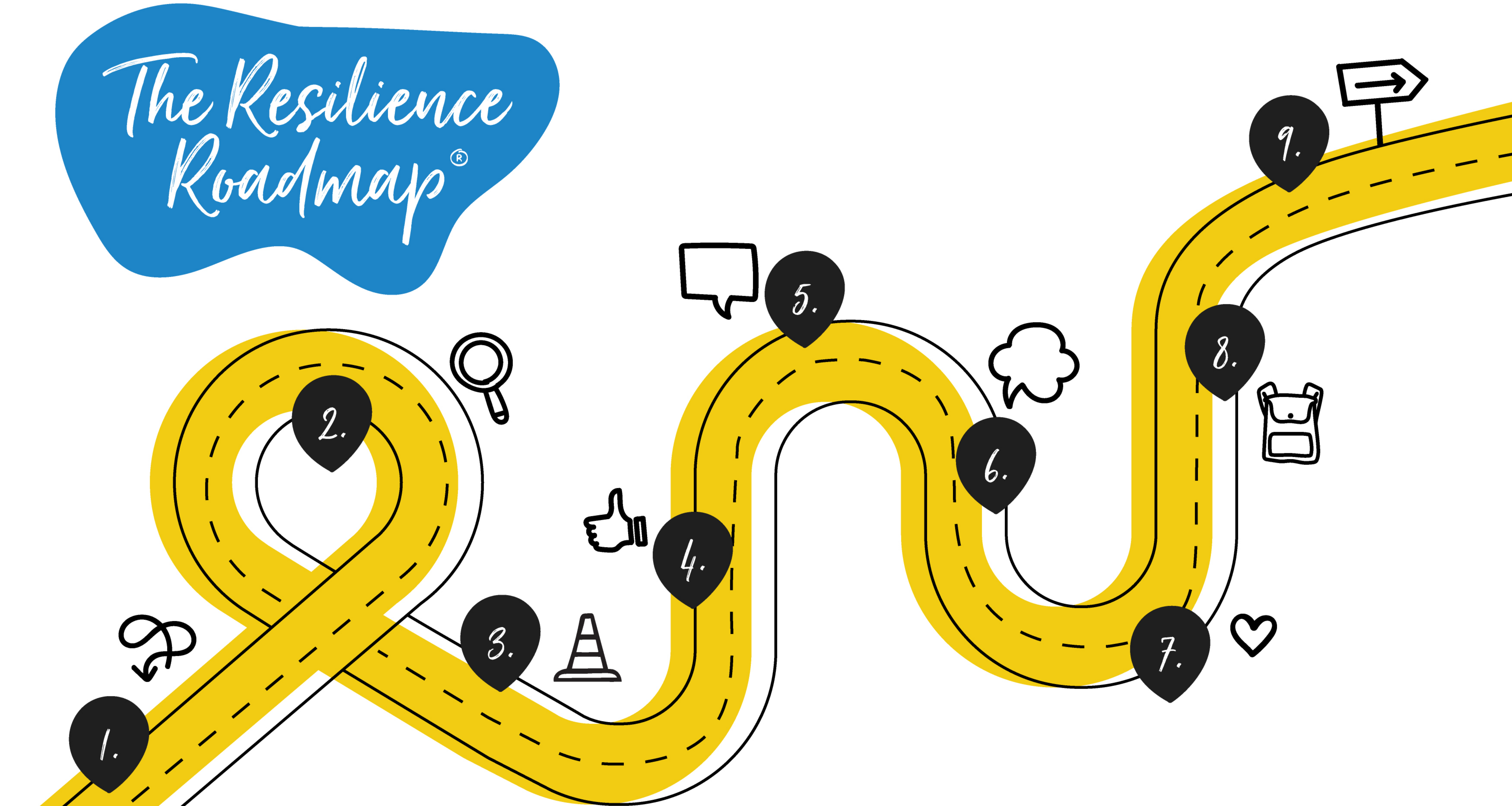


The Resilience Roadmap[®]



GRIEF

01. ACKNOWLEDGE THE FEELINGS

02. IDENTIFY THE LOSS

GRIT

03. REVEAL AND DEAL TO HEAL

04. BE OK BEING UNCOMFORTABLE

05. HAVE THE TOUGH CONVERSATIONS

GRACE

06. REIMAGINE TO REINVENT THE NOW YOU

07. BE WHAT YOU NEED

08. SHARE THE LOAD

09. FOCUS FORWARD