

THRIVE RESILIENCE MODEL™

6 KEYS TO BUILD RESILIENCE IN OTHERS

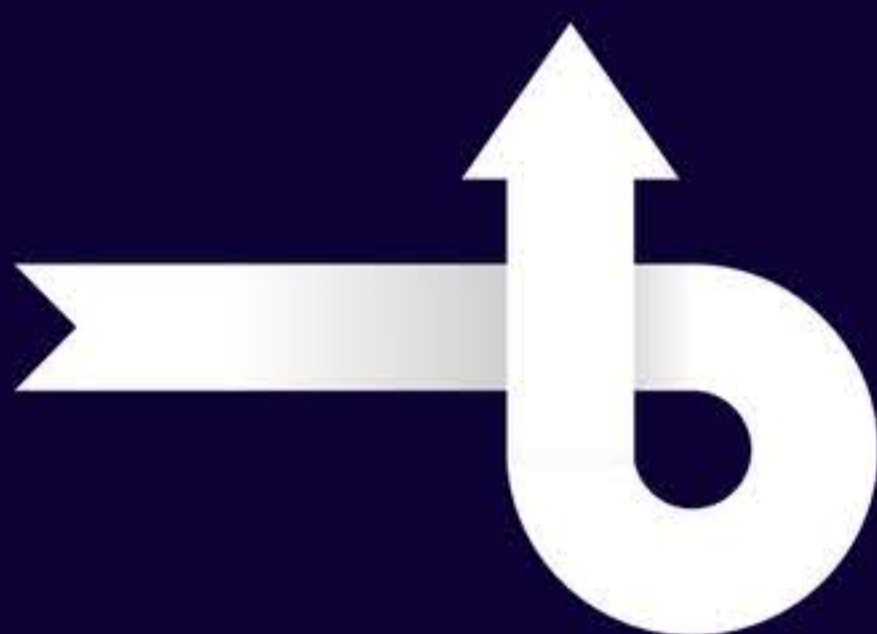
1



TRUSTED ADULTS

Build trust, affirm, encourage, and serve as a positive role model.

2



HIGH EXPECTATIONS

Focus on strengths, support learning, and expect best efforts.

3



RESILIENCE SKILLS

Teach mindset and skills to manage emotions, cope with adversity, and refuel energy.

4



INVOLVEMENT

Provide meaningful opportunities to connect with and contribute to others.

5



VISION

Foster hope and engage in purposefully creating a positive future.

6



ENRICHMENT

Support as whole person to explore personal interests and grow skills.