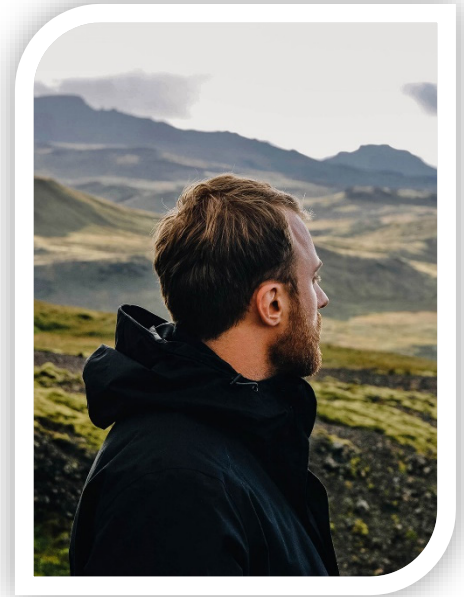


# Resilience Checkpoint™

Powered by Wellness Checkpoint®, the Global Leader for Health and Business Risk Management

So how **Resilient** are you? Our **NEW Resilience Checkpoint** questionnaire uses evidence-based measures to identify:

- ✓ **Resilience** - the ability to perform sustainably when working under pressure in fast moving and changing environments, and bounce back from difficult or stressful situations
- ✓ **Resilience Factors** - personal characteristics like social support and positive emotions that support resilience and protect against the negative effects of adverse events
- ✓ **Resilience Assets** - the physical and mental health resources that can enhance and offset risk factors that undermine resilience



**Good news!** You have more control over some of these factors than you might realize, and the more you know about them, the more you can do to improve your resilience.

## What you'll get:

- ✓ **Read** your personal Resilience Checkpoint profile report for an assessment of your current resilience status
- ✓ **Learn** what your Action Priorities should be to become more resilient
- ✓ **Review** a list of your Resilience Factors and Assets
- ✓ **Access** useful resources that can help you make positive changes to enhance your resilience