



HOW TO THRIVE WHEN RESILIENCE ALONE ISN'T ENOUGH

TASHA EURICH, PH.D.
ORGANIZATIONAL PSYCHOLOGIST;
RESEARCHER; BESTSELLING AUTHOR

MYTHS of Resilience

~~Resilience is a muscle.~~

We can't always improve our Resilience

~~What doesn't kill you makes you stronger.~~

Stress drains our resources

~~Never stop, never break.~~

That's **GRIT**
GASLIGHTING

CONFIDENCE
Effective & Growing

Three to **THRIVE:**

CONNECTION
Belonging & Support

CHOICE
Agency & Authenticity

Shatterproof
leaders go further!

Build a **10% Buffer**
Excellence doesn't require 100%.

"When we **BEND** or **BREAK** we can choose to remake ourselves"

