

Theme of Evening Zoom Discussion: Resilience

Edited from work by Richard E. Gordon ©2021

For several questions, there are provided underlined links that will take you to related online information. Try coming up with your own thoughts first – then investigate the links or ignore them – whatever you wish.

Questions:

1. What do you think [resilience means](#)?
2. Give some examples of [great leaders who personified resilience](#)
3. [What are the components](#) or ingredients of resilience?
4. How important is [resilience to having a happy life](#)?
5. [How can you learn](#) to be more resilient? Just as you can use weights to strengthen your muscles, [what strategies](#) might you use to strengthen your resilience?
6. [How can you](#) be resilient in everyday life? In your job? In a social or religious organization you belong to?
7. Has your resilience changed over your life time? What caused the change?
8. How has our discussion today affected your view of resilience?

Quotations:

1. “[Enthusiasm is common](#). Endurance is rare.”— Angela Duckworth
2. “[The oak fought the wind](#) and was broken, the willow bent when it must and survived.”— Robert Jordan
3. “[Persistence and resilience](#) only come from having been given the chance to work through difficult problems.”— Gever Tulley
4. “[Do not judge me](#) by my success, judge me by how many times I fell down and got back up again.” —Nelson Mandela

5. “[Character cannot be developed](#) in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.” –Helen Keller
6. “[Resilience is all](#) about being able to overcome the unexpected. Sustainability is about survival. The goal of resilience is to thrive.” -- Jamais Cascio
7. “[Resilience is accepting](#) your new reality, even if it's less good than the one you had before” Elizabeth Edwards
8. “[Life doesn't get easier](#) or more forgiving; we get stronger and more resilient.” – Steve Maraboli