



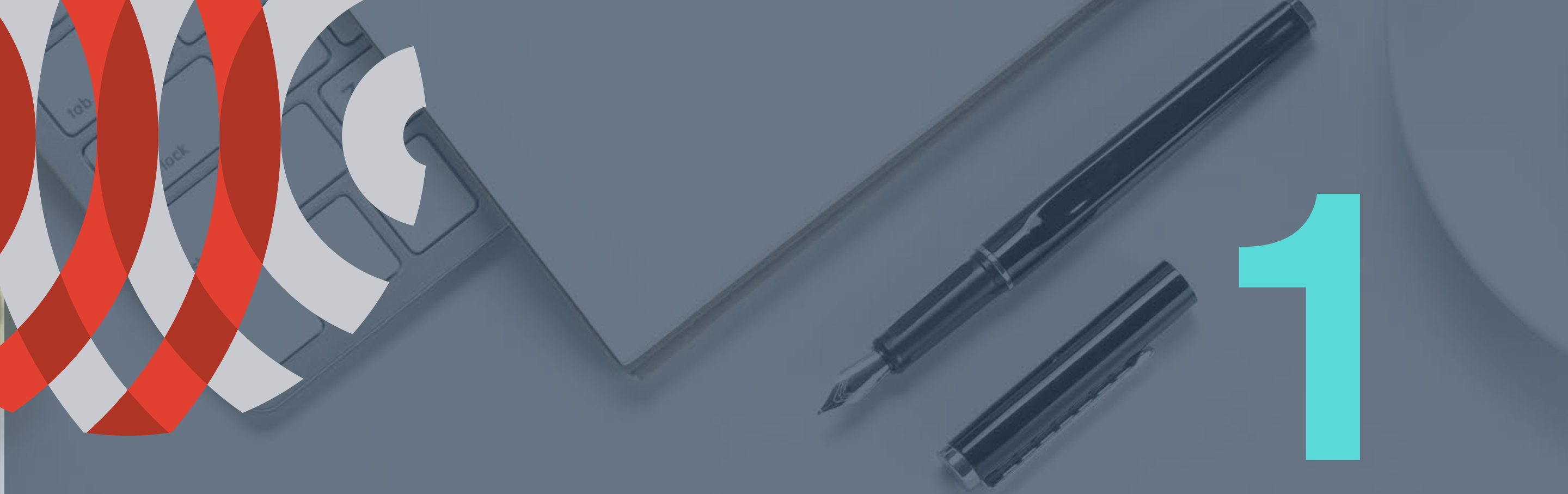
TalentWeb

The

3c's

of Resilience



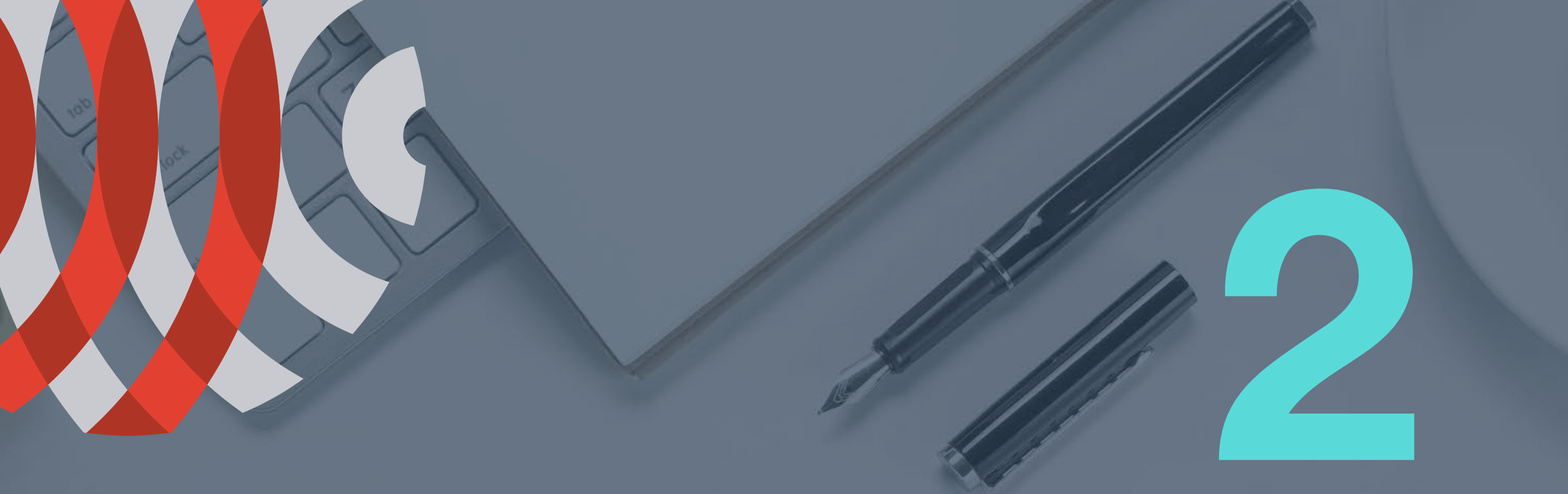


# Challenge -

Difficulties that stand in your way are opportunities to grow, view past mistakes as valuable lessons.

**The 3 C's of Resilience**





# Commitment -

Establish **key career goals** and **commit** yourself to **seeing them through**, no matter what it takes.

**The 3 C's of Resilience**

A decorative background featuring a dark blue laptop, two black pens, and a large, stylized number '3' in a light blue color. The number '3' is positioned in the upper right corner. The laptop is open, and the pens are lying on the surface next to it. The overall aesthetic is clean and professional.

# 3

## Control -

**Focus** on what you can directly influence **instead of worrying** over the uncontrollable. This will help to keep you mentally balanced, determined and motivated.

**The 3 C's of Resilience**