

# 3 FACTS ABOUT RESILIENCE THAT WILL HELP YOU PREPARE FOR 2021

Resilience expert Dr. Tese Stephens offers tips to learn from 2020.

1

Resilience results from adversity — often from painful experiences.

2

Change is inevitable. But how you change is up to you. Become bitter — or better.

3

Learning implies a change in behavior. You learn and grow, affecting your future response to challenges.

## PREPARING FOR 2021

Begin by reflecting on:

- How you changed in 2020
- How you grew as a person
- How you grew as an educator
- What you learned.