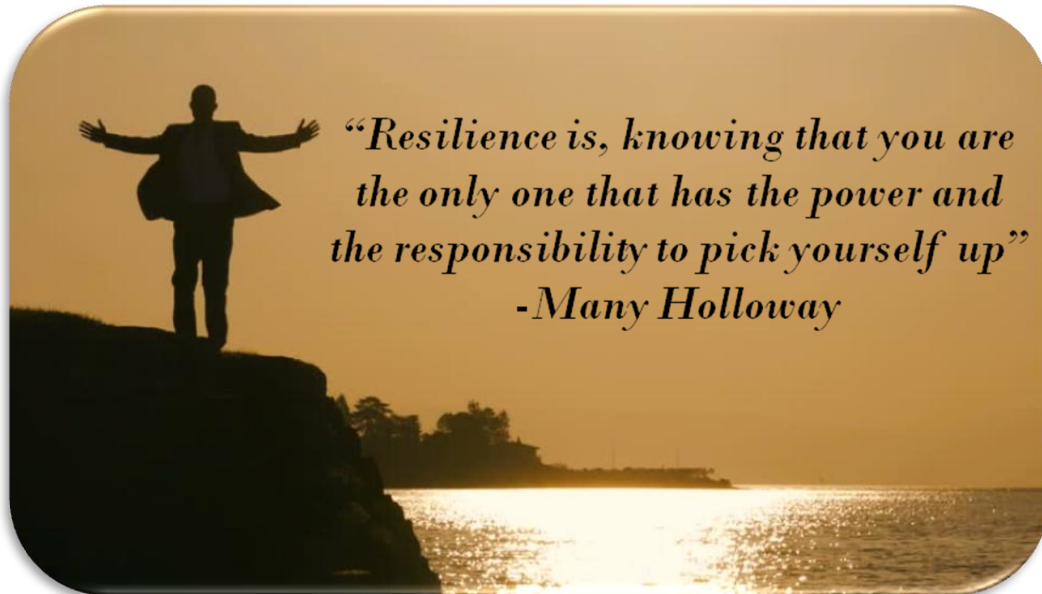


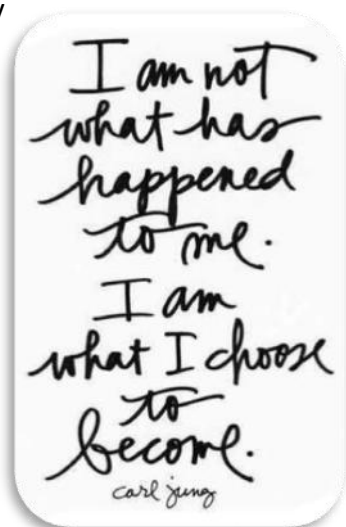
BUILDING RESILIENCE

...Love the change



You are at your best when you have the opportunity to share your own story. I still remember those days when life seemed so much easier, pleasant and buoyant. It was the time when my family and I lived in Dubai. Things were totally in control; children loved their time and their school...not to forget their Arabic classes and their love for the subject. Moreover, my passion for public speaking had found an amazing platform when I became part of JLT Toastmaster club. I realized soon that JLT club was no ordinary association but it was a powerhouse of talent and enthusiasm. The leaders, the mentors and other members had so much to share and there was so much to learn. Whenever I think about its sessions my heart fills with gratitude.

One fine day shocking news engulfed us all when my company asked me to move back to India and instructed me to take charge of a completely unknown territory in the southern part of the country. I was aghast and I feared failure of many types due to this sudden change in our happy life. The agony of leaving everything behind we loved was tormenting.



However, I had to develop resilience to accept failure in case they were to come and bounce back. ***“ONLY YOU CAN CHANGE YOU”***...and so I decided to overcome my rigidity to change and be more adaptable. This, I realized was the beginning of a real change in my entire personality.

“POSITIVE THINKING ENCOURAGES ADAPTABILITY”. I recalled few lines that I read in a book which said, “Remember this great truth: You don’t have to go along with familiar practices or systems or react mechanically as you formerly did. React and think in a new way. You have to be an achiever. Therefore, from this moment forward, you must refuse to identify with the negative thoughts that tend to drag you down, and adapt your thinking to solving the problems you face in a new and different way”.



We have to develop and cultivate resilience in ourselves. Being resilient, we always have positive image of the future. We should never think ourselves as victims – rather focus our time and energy on changing the things that we have control over.

Today as I sit writing this article, I realize the power of being resilient. I overcame all my challenges and felt motivated enough to plough my path ahead with more confidence and to make this journey of life interesting and beautiful. After all, the comeback is always stronger than the setback.

“Resilience is accepting your new reality even if it’s less good than the one you had before. You can fight it, you can do nothing but scream about what you’ve lost, or you can accept that and try to put together something that’s good”

- Elizabeth Edwards