



Strength through crises

10 Resilience Factors at a glance

Marc Wallert is Bestselling Author and Keynote Speaker.

As a survivor of a kidnapping into the Philippine jungle, he became an **expert in resilience**, our inner resistance to stress.

His "**Jungle Strategies**" have proven effective as protective factors during this extreme experience and are proven to be effective in everyday life and business!

1 **CRISES are part of life**
Learn to deal with them and grow from them

2 **RESILIENCE is your inner resistance and strength**
Strengthen your protective factors

3 **Thanks to ACCEPTANCE, you look forward instead of being worried**
Who knows what it's good for?

4 **OPTIMISM strengthens you sustainably**
Gratitude ritual and positive focus

5 **RISK MANAGEMENT keeps you from thinking too positively**
Prepare and plan realistically

6 **SELF-EFFICACY gets you out of the victim role**
Shape your own future, step by step

7 **Receive SOCIAL SUPPORT from your environment**
Nurture your support network

8 **As part of a TEAM, you are not a lone fighter**
Together we are stronger, always

9 **Through STRESS REGULATION, you remain able to perform**
If necessary, a sense of humor helps

10 **Crises enable your INNER GROWTH**
Learn from your experiences



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