



Marc Wallert's
Resilience Factors



ACCEPTANCE

Take on the challenge
Who knows what it is good for?



OPTIMISM

Foster mental strength
Focus on the positive!



REALISM

Face the risks
Prepare yourself for emergencies!



SELF-EFFICACY

Leave the victim role behind
Take action yourself, step by step!



SOCIAL SUPPORT

Stronger together
Nurture your social network!



Marc Wallert

**Keynote
Speaker**

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