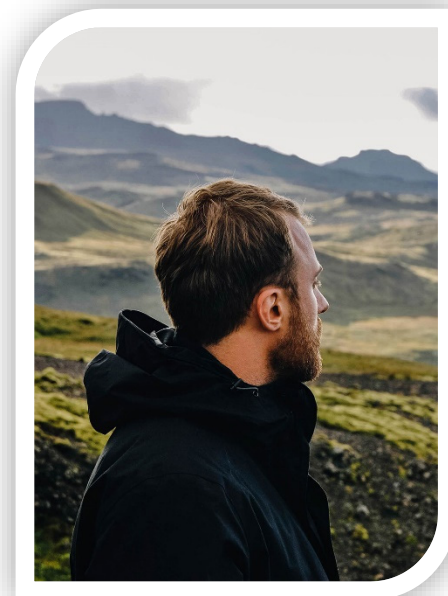


Resilience Checkpoint™

Wellness Checkpoint is the Global Leader for Health and Business Risk Management

So how **Resilient** are you? Our **NEW Resilience Checkpoint** questionnaire uses evidence-based measures to identify:

- ✓ **Resilience** - the ability to perform sustainably when working under pressure in fast moving and changing environments, and bounce back from difficult or stressful situations
- ✓ **Resilience Factors** - personal characteristics like social support and positive emotions that support resilience and protect against the negative effects of adverse events
- ✓ **Resilience Assets** - the physical and mental health resources that can enhance and offset risk factors that undermine resilience



Good news! You have more control over some of these factors than you might realize, and the more you know about them, the more you can do to improve your resilience.

What you'll get:

- ✓ **Read** your personal Resilience Checkpoint profile report for an assessment of your current resilience status
- ✓ **Learn** what your Action Priorities should be to become more resilient
- ✓ **Review** a list of your Resilience Assets and Challenges
- ✓ **Access** useful resources that can help you make positive changes to enhance your resilience