Embracing Resilience in an At-Risk World

Discussion Guide:

• What's your own, personal definition of resilience?

• Brainstorm, on your own and with your colleagues, a definition of resilience for your school

• Identify at least one protective factor that exists for school staff

• Identify at least one protective factor that presently exists for students at your school

• How can you use that protective factor to enhance resilience for yourself and among your students and colleagues?