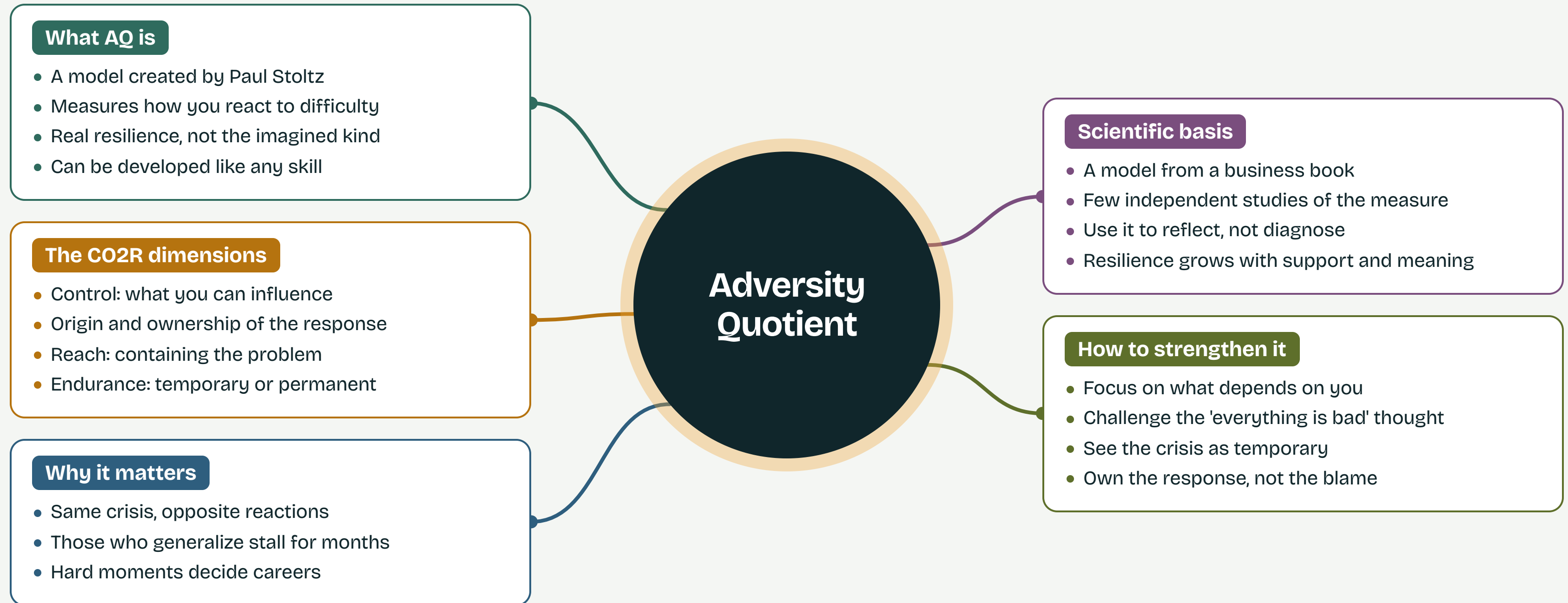


Adversity Quotient: real resilience in the face of crises



Action plan

1

Identify what's under your control and start there

2

Pinpoint what went wrong and what still works

3

Ask whether the problem is permanent or temporary

4

Ask 'what do I do now?' instead of assigning blame

Key takeaway

Real resilience can be trained: focus on what you control, contain the problem, see the crisis as temporary.