Group Assignment

Make a poster Illustrating who the person is, why they are famous, what have they have gone through that has made them resilient. Do not forget to include at least 2 of the 7 resiliency factors that could have helped this person be successful.

7 Resiliency factors

1. Emotional awareness & self-regulation

2. Impulse control

3. Optimism

4. Flexible & accurate thinking

5. Empathy

6. Self-efficacy

7. Connecting & reaching out

The Beatles

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Michael Jordan

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Walt Disney

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Thomas Edison

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Abraham Lincoln

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Oprah Winfrey

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Nicki Minaj