

WORKSHOP EXPERIENCE

RESILIENCE

There will be a defining moment in students lives where they will be faced with adversity. Having the tools to being resilient and overcoming challenging situations is critical to progressing forward in life. How do you know what tools to use?

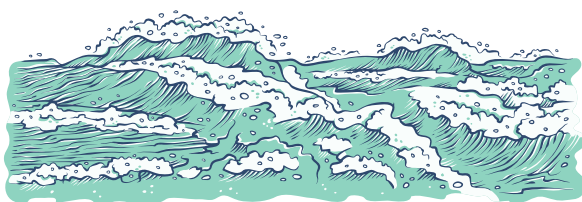
This workshop featured the Aviate, Navigate and Communicate (ANC) model to use a guideline in difficult situations. Pilot Shaesta will apply this model to her most defining momonet along the global flight. The workshop also shares examples of famous people who were resilient during their time of failure.



GLOBAL EXPERIENCE



Resilience Workbook



Duration: 45 minutes

Highlights: failure, decision making, leadership, ANC model

