

“Mi Vida, Mis Sueños, y Mi Realidad.”

“My Life, My Dreams, and My Reality.”

La Vida,

The Life of . . .

Samuel Andres Nuñez



Resiliency

- Resiliency is....
- “...Can be defined as the capacity to spring back, rebound, successfully adapt in the face of adversity, and develop social and academic competence despite exposure to severe stress...or simply the stress of today’s world”
- Or as Sean a 15-year-old high school student puts it....”is about bouncing back from problems and stuff with more power and more smarts”
- “..Is an innate self-righting and transcending ability within all children, youth, adults, organizations and communities.”



That was then....

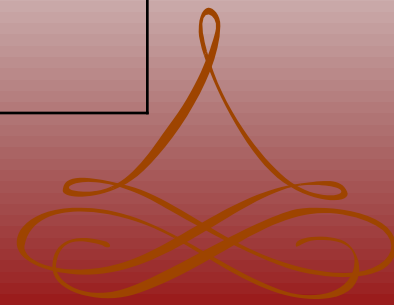


Imagine a boy...



How Many Boxes do you see?

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....This is now.



Confused Acknowledgement

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|------------------|---|------------------------|
| Confusion | ➔ | Pessimism |
| Anger | ➔ | Rationalization |
| Hate | ➔ | Isolation |
| Self-Hate | ➔ | Dependancy |
| Rage | ➔ | Envy |



What do they need?

- **ACKNOWLEDGEMENT**
- **PURPOSE**
- **VALUES**
- **SECURITY**



Four Agreements

- **Be impeccable with your WORD.**
- **Do not take anything personally.**
- **Do not make any assumptions.**
- **Always do your best.**

