"We generate fears while we sit. We overcome them by action" *

Resilience is the ability to work with adversity in such a way that one comes through it unharmed or even better for the experience. Resilience means facing life's difficulties with courage and patience – refusing to give up. It is the quality of character that allows a person or group of people to rebound from misfortune, hardships and traumas.

Resilience is rooted in a tenacity of spirit—a determination to embrace all that makes life worth living even in the face of overwhelming odds. At Baobab Growth we believe that it is only during times of adversity that you truly grow and learn. We encourage you to learn from difficulties and look at how you can do things differently in the future. We believe by a clear sense of identity and purpose, we are more resilient, because we can hold fast to our vision of a better future.

We coach you as individuals or teams to explore your personal and team identity, to seek clarity of purpose and set aligned individual and business goals. Much of our resilience comes from those around us from the relationships that provide support when we need it.

Building resilience is about understanding our own internal workings – understanding what we need, learning to manage our emotions and how our actions or non- action can affect those around us.

At Baobab Growth we believe one of the biggest differences between the super successful and average people is their resilience, the ability to accept failure, learn from it and move on. Our programmes offer bespoke practical activities and mindfulness to enable individuals and teams to identify what drives them to succeed and what support they need to achieve their best. We coach you through self-discovery to develop strategies unique to you to provide the right work-life-balance to enable sustainable high performance and business success.

"By leaving behind your old self and taking a leap of faith into the unknown, you find out what you are truly capable of becoming"

*Dr. Henry Link