

Resilience

Resilience is the ability to thrive in the face of adversity, trauma, change, or significant stress - it means adapting and bouncing back from difficult experiences

There are scientifically proven ways to help you strengthen your resilience including mental, emotional, and physical strategies

Contact Canopy to learn skills to boost resilience through coaching, counseling, webinars and self-directed resources

call: 800-433-2320
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