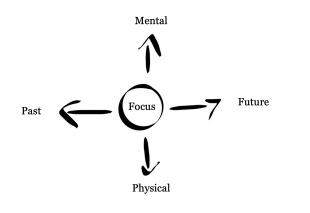


Session 7 : Becoming a Compass Resilience

Compass of Mindfulness



Resilience = Ability to manage Transitions



with Equanimity & Effectiveness.

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