

RESILIENCE

- ▶ Resilience is dealing with adversity and being able to respond and recover from things that might set you back.
- ▶ Angus Brayshaw has had to show resilience throughout his football career after experiencing injuries that could have stopped him from being able to play the game he loves.

ANGUS' TIPS FOR FACING CHALLENGES AND BUILDING RESILIENCE:

- ▶ Never give up
- ▶ Remember why you started doing something in the first place
- ▶ Whether it's a test at school or helping your local sports team to win a grand final, reminding yourself of what you have set out to achieve can build your resilience and help you to achieve your goals