



GETABSTRACT REVIEW OF

Change Proof

Leveraging the Power of Uncertainty to Build Long-term Resilience

STEP 1

Have your team read the getAbstract summary.

STEP 2

Schedule a team meeting to discuss the questions below.

STEP 3

Have a discussion with your team.

Confront today's volatile world by accepting change and capitalizing on its opportunities! Adam Markel offers practical tools for building habits of resilience to help you thrive in the face of change.

Discussion Questions

1. Do you consider yourself a resilient person?
2. Which resilience practices described by the author do you already practice?
3. Which resilience practice would you like to integrate in your life?
4. How can you help each other as a team to become more resilient?

"You can't stop the rain, but you can make sure you've got the best and the biggest umbrella."

Change Proof

Adam Markel

McGraw-Hill, 2022

ADDITIONAL READS



How To Stop Pressure From Turning Into Stress



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