

Personal qualities that help you to cope!



Spontaneity



Sense of wonder



Humour



Enthusiasm



Empathy



Resilience



Compassion



Asking questions



Determination



Courage



Leadership



Resourcefulness



Critical thinking



Kindness



Creativity



Curiosity



Motivation



Self-discipline



Reliability



Self-awareness



Endurance



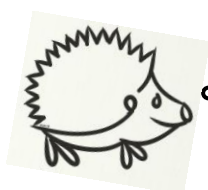
Sense of beauty



Persistence



Well founded



You are stronger than you think

By Dr BarbaraLouw

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