

Building Resilience



Having the ability to bounce back from challenges is crucial to becoming the best dancer you can be. Studies show that athletes with high resilience tend to accomplish more and be better at their sport than those with low resilience. So, how do we become resilient? By building it!

Use the questions below to think about how you might build resilience to help you overcome challenges and dance at your best!

A challenge that I am currently facing in the dance studio is...

A few people I could lean on for help with this are...

Something I could do to overcome this challenge is...

A challenge I have overcome in the past taught me that...