



Engage @ Every Age

Facilitated by Christy Lau

Directions:



1. Have each person at your table think of **3 words** that represent **resilience** to them.

2. Come together as a group & share your words. Discuss common themes or values. **What do you all share in common?**

3. Designate 1 note-taker for your table to write down ideas discussed, on the **purple half-sheet** provided. Results will be shared post-event.

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