

# GIBB

INFRASTRUCTURE & TRANSPORT

## Resilience Playbook Fourteen Smart Moves



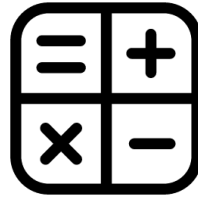
### Zoom for Impact

The 3P's and TIE mindset



### Organise Your Shoes

Taking Back Control



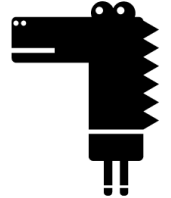
### Influence Uncertainty

The Anxiety Equation



### Dance in the Kitchen

Emotion and Energy Connection



### Tame the Croc

Exploring Stress Triggers



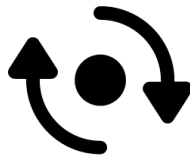
### Throw Away the Toothpaste

Taking Decisive Action



### Fill Up Your Bucket

Wellspring of Resilience



### Gain Momentum

Adaption and Points of Leverage



### Appoint a Board of Directors

Growing Support Networks



### Crack the Code

Conditioned Stress Response



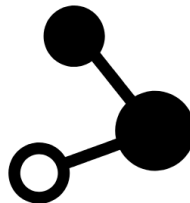
### Paint a Rock

Exercise Gratitude



### Chisel a Masterpiece

The Art of Elimination & Purpose



### Connect the Dots

Beneath The Iceberg



### Own Your Struggle Story

The Resilience Plan

