

Well-Being Ambassador Toolkit

“Do not judge me by my success, judge me by how many times I fell down and got back up again.” – Nelson Mandela

Resilience

- **Resilience** is the ability to push through and persevere in the face of adversity and change.
- Just like strengthening our muscles, we can train ourselves to become more resilient with time and intention.
- The more resilient we are, the better we can manage, and even grow from, difficult and unfamiliar situations.
- In honor of [World Mental Health Day](#) on October 10, we are promoting resources and new ways for employees to strengthen their resilience and improve their well-being.

What to Do

- **By October 5.** Send the attached well-being email to employees.
- **All month.** Promote the [Super 6 global challenge](#). Well-Being Ambassadors with the most engagement will win a prize!



Fact: Resilience is linked to a number of health benefits and has been proven to lead to better health outcomes, including more immune system cells and better immune functioning in cancer patients.

Source: [Positive Psychology](#)

3 ways to help employees at your location strengthen their resilience...

1. Promote resilience resources on [WellBeingAtAECOM.com](#).
2. Share [local mental health support resources](#).
3. Remind employees about our free [GuidanceResources Employee Assistance Program \(EAP\)](#).

If you know of employees who use any of these resilience resources — or any other AECOM resource — to power up their well-being, have them share their story in the global **Super 6 challenge**.

For additional resources to help employees focus on their well-being, please visit the [Well-Being Ambassador Resources Hub](#).