

Resilience in a much needed time

Over the last year you have experienced unprecedented pressure and pulls on your time and energy – and, we know this has not been easy. At the heart of the pandemic response, you have demonstrated grit in the face of COVID-19 and a steadfast commitment to the continuity of learning. This took leadership and resilience. As we continue to monitor and adapt to the COVID-19 pandemic, we strive to put the well-being of you and your family first with access to resources and information. We are pleased to share with you a series of videos that dive deeper into the concepts of resiliency and self-compassion, and provide space for us to reflect, learn and foster the behaviours that promote well-being.

To learn more, visit www.otipinsurance.com/article113.

