

# Rebound Live Webcast

September 6, 2022

## Resilience with Special Guest Helen Little

### Key Takeaways

1. “Toughness started for me at home.” - Helen
2. “I grew up with a home full of boys and knew I could do anything they could. I can do anything I set my mind to.” - Helen
3. “You have to have that champion’s mindset to fight through the setbacks.” - Helen
4. “You have to have a good foundation of people who believe in you, but more important you have to believe in yourself.” - Helen
5. How can we be better? “Ask questions but ask them from a place of wanting to learn how to be better.” - Helen
6. "Rejection isn't fatal, it's merely one person's opinion." – Unknown Author shared by Brian Moran
7. “Without ambition one starts nothing. Without work one finishes nothing. The prize will not be sent to you. You have to win it.” - Ralph Waldo Emerson shared by Brian Moran
8. “It's about creating a positive culture.” - Antwaun Thompson “Coach T”
9. “If every day we choose one little fraction of kindness to others and to ourselves it will begin to shift things.” - Helen
10. “The difference between a good day and a great day is your attitude.” - Antwaun Thompson "Coach T"