



## EDITOR'S PICK



### THE THREE SECRETS OF RESILIENT PEOPLE

Dr Lucy Hone is a resilience expert who thought she found her calling supporting people to recover following the Christchurch earthquake. She had no idea that her personal journey was about to take her to a far darker place. In this powerful and courageous talk, she shares the three strategies that got her through an unimaginable tragedy, the sudden death of her 12-year-old daughter—and offers a profound insight on human suffering.

Dr Lucy Hone is a director of the New Zealand Institute of Wellbeing & Resilience, a research associate at AUT University, a published academic researcher, best-selling author and contributor to Psychology Today, the Sunday Star Times and Next magazine.

She trained at the University of Pennsylvania and received her PhD in public health at AUT University in Auckland. She has helped a range of organizations—from primary schools to leading law firms—to design and implement wellbeing initiatives creating sustained and meaningful change.

*16:20 minutes TEDx Talk video*

Link to video:

<https://www.youtube.com/watch?v=NWH8N-BvhAw>