

# RESILIENCY

## Resiliency In The Moment: Building Social Self-Awareness



“I can’t deny my privilege – but I can stand up, step forward, and call out these injustices.”

- Rich Liekweg, BJC CEO

### How can you use the advantages you have to help others?

1. Recognize a privilege you have in this moment.
2. How will you use this privilege to foster compassion and respect for your fellow team members?

Privilege comes in many forms but is defined as a special right, advantage, or immunity granted or available to a particular person or group. We all have privileges - some are earned, some not. With privilege comes great responsibility. How will you use your privilege for the betterment of others?

Visit [thrivebybjc.org](http://thrivebybjc.org) for your employee well-being resources at BJC

**Need more help?** Employee assistance is available at [bjceap.com](http://bjceap.com) or (314) 747-7490