

Here's a simple example of a speech aimed at reflection with a resilience-strength tone:

---

"Good [morning/afternoon/evening], everyone.

Today, as we gather here, I want to take a moment to reflect on the incredible strength and resilience each of us carries within. This past period has tested us in ways we may never have imagined, but it has also revealed the remarkable depths of our courage and fortitude.

We've faced challenges that seemed insurmountable, yet we've risen to the occasion, time and again. Each setback has been a stepping stone, each difficulty has sharpened our resolve, and each trial has made us stronger. It's not the absence of obstacles that defines our journey, but our unwavering determination to overcome them.

As we look back, let's celebrate the victories, both big and small. Let's acknowledge the moments when we wanted to give up but chose to persevere instead. These are the moments that define us. These are the moments that show our true character.

Remember, resilience is not just a trait; it's a muscle. The more we use it, the stronger it becomes. So, let's continue to move forward with confidence, embracing every challenge as an opportunity to grow.

Together, we can achieve incredible things. Together, our resilience knows no bounds. Thank you."

---