**Resilience Activity**

Please watch the video from Careers and Employability (16 minutes) on resilience. After watching the video you will then need to complete an iresilience questionnaire.

**Evidence needed for CPD activities**: You will receive a report that you can download as a pdf. You just need to take a screenshot of the outer page which contains your name (see bottom image) and upload this as part of your portfolio. **You do not need to show your results...**

**Requirements**

**Website details & registration**: <https://www.robertsoncooper.com/iresilience/> Please note this is an external corporation. You will need to register with the site to complete the test (which is free)

**Completion**: Complete the test on resilience. Allow yourself 45 minutes to do this - there are a lot of questions. Don't dwell on each for too long as your initial reaction to a question is likely to be a good indicator that it's your natural response. It took Charlotte Ford (from Careers) about 30 minutes to do the test and her results were impressively accurate.



