

Resilience and Resilient Qualities





Part I

Definition of Resilience



What is Resilience?



- The capacity of individuals to **cope successfully** in the face of significant changes, adversities or risks (Greene & Conrad, 2002).

- The ability to **turn challenges into opportunities** ... to **bounce back** from the edge of catastrophe ...to **move forward** with even greater vigor and success than before (Lengnick-Hall & Beck, 2003).



- Through resilience, an individual recovers from or **avoids negative outcomes** from burdensome conditions (Leipold & Greve, 2009).

What is Resilience?

Resilience is a personal quality or characteristic that enables an individual to
adaptively cope with and withstand adversity,
and to **learn, grow,**
and **become stronger**
through overcoming adversity.

withstand
adversity



learn



grow



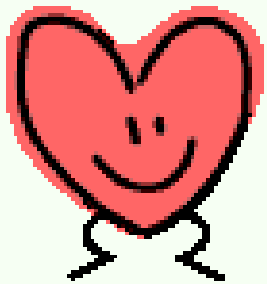
stronger



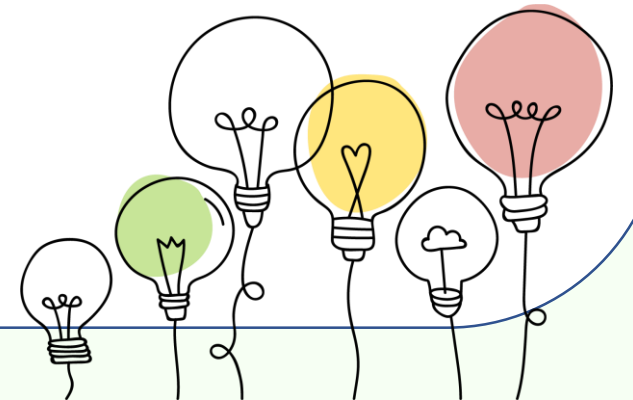


Part II

Resilient Qualities



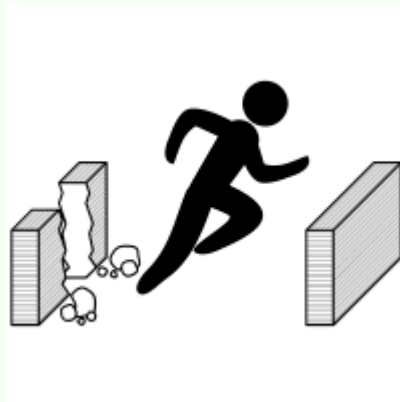
What characteristics mark people
who can thrive in adversity?



Resilient qualities

(Richardson, 2002)

- Internal resilient qualities



- External resilient qualities

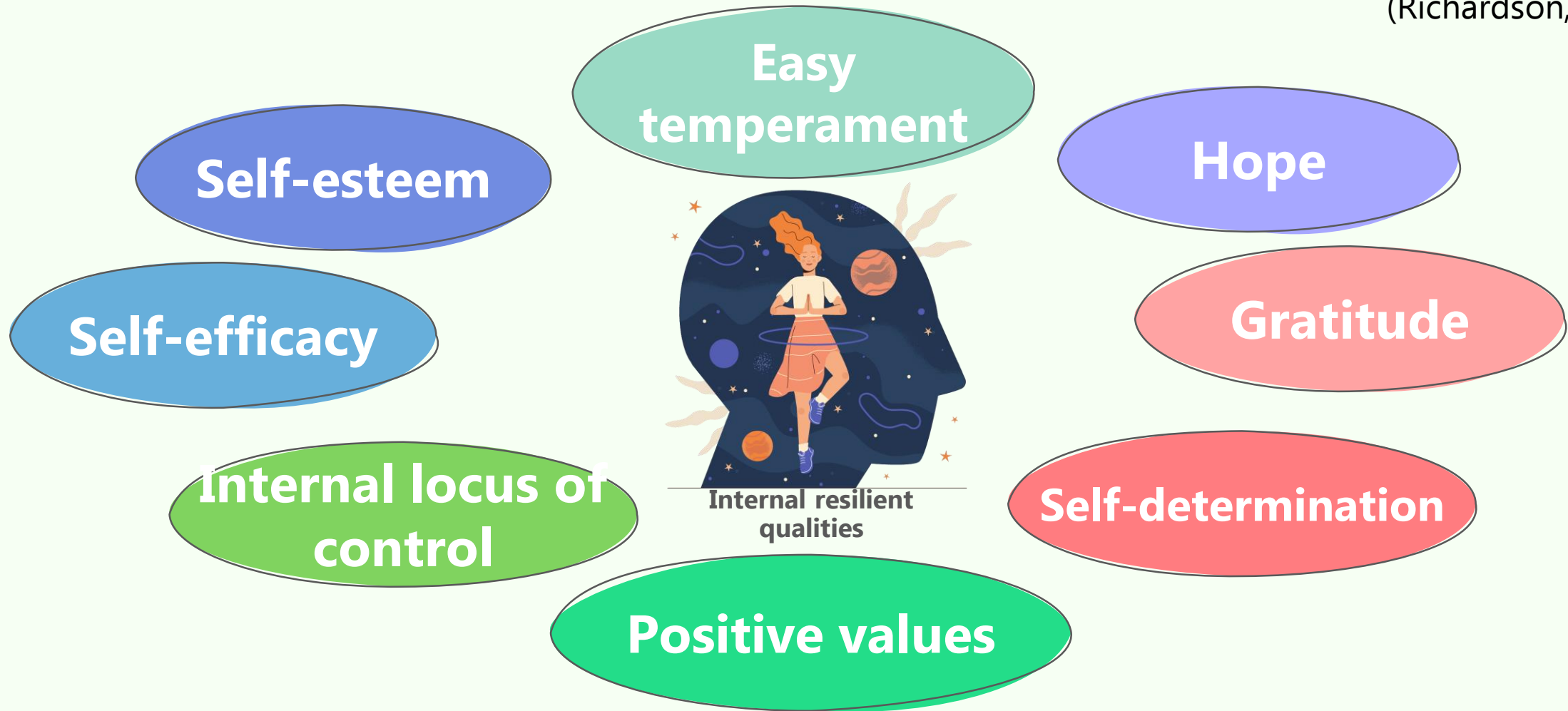
Protective
Factors





Internal resilient qualities

(Richardson, 2002)





External resilient qualities

(Richardson, 2002)

Positive
interpersonal
relationship

Positive school
climate

Support from
neighborhood

Supportive family
environment



External resilient
qualities

Clear boundaries and
expectations

Constructive use of
time

Being empowered
and valued

References

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- Lengnick-Hall, C., & Beck, T. (2003). Beyond bouncing back: The concept of organizational resilience. Paper presented at the annual meeting of the Academy of Management, Seattle.
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