

RESILIENCE AT WORK

Identifying and Recognising
Resilience



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WHAT WE WILL COVER TODAY

Understanding and Recognising resilience

- Its indicators – When we are resilient-
When we are not

Assessing my personal resilience

- The skills of resilience
- Building resilience

WHAT DOES THE NATURAL WORLD TELL US ABOUT RESILIENCE?

- An ability to come back from changes/adversity
- Green shoots tell us we're on our way back
- What are they? How do we recognise them?

WHAT IS RESILIENCE?

What drains it
Where do you get it from?

CAN YOU RECOGNISE RESILIENCE

True or False



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CAN YOU RECOGNISE RESILIENCE?

- Resilience is mainly something that you are either born with or not.
- Very resilient people seldom get really upset when horrible things happen.
- Resilient people are generally quiet and philosophical.

CAN YOU RECOGNISE RESILIENCE?

- A primary force in developing and maintaining resilience is building supportive relationships.
- Privileged people are generally more resilient than less privileged people.
- When resilient people make mistakes, they quickly ignore them so they can bounce back.

CAN YOU RECOGNISE RESILIENCE?

- A resilient person can become less resilient over the normal passage of time
- Resilient people are normally more pessimistic as they have a better grasp of reality than optimists.
- Highly resilient people do not experience as much emotional pain or distress as less resilient people.

THE INDICATORS OF PERSONAL RESILIENCE

The good, the bad ..



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HOOKS OF RESILIENCE

- Tenacity and competence.
- Trusting self and tolerating negative affect.
- Accepting of change and secure within relationships.
- Taking Control.
- Spirituality.

HOW RESILIENT AM I?

- I am able to adapt when changes occur.
- I can deal with whatever comes my way.
- I try to see the humorous side of things when I am faced with problems.
- Having to cope with stress can make me stronger.
- I tend to bounce back after illness, injury or other hardships.
- I believe I can achieve my goals, even if there are obstacles.
- Under pressure, I stay focused and think clearly.
- I am not easily discouraged by failure.
- I think of myself as a strong person when dealing with life's challenges and difficulties.
- I am able to handle unpleasant or painful feelings like sadness, fear, and anger.