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Dimension	Score	Comment
Vision	20	“Leaders establish a vision for the future and set the strategies for getting there” (John. P. Kotter). It appears that your skills in this important resilience dimension means that you are well placed in being able to confront future challenges (including those that are more unpredictable) through the importance you place on planning and reviewing potential options. Please visit our Resilience Centre if you wish to seek more information. Click here.
Determination	20	“It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things.” ? Leonardo da Vinci Well done! You appear to be the type of person who is determined to work through difficult issues to achieve successful outcomes. With this type of resilience capability you will be able to assist those who may find working through challenging problems more difficult. For more information on this important dimension of resilience please visit our Resilience Centre. Click here.
Interaction	20	“The most important thing in communication is to hear what isn't being said”. Peter Drucker. “To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others.” Anthony Robbins Well done! You appear to be the type of person who embraces communicative interaction with others and therefore utilize the knowledge and capabilities of others, while having confidence in your own capabilities to achieve successful outcomes. If you would like more information on this key resilience dimension please visit our Resilience Centre. Click here.
Relationship	20	“One of the best feelings in the world is knowing your presence and absence both mean “something to someone” If you want to go fast, go alone. If you want to go far, go with others”. African proverb. Well done! You appear to acknowledge and utilize your relationships to ensure you achieve positive and lasting outcomes in your work and

		personal endeavours. If want to read more regarding the importance of relationships in resilience Click here.
Problem Solving	20	"We cannot solve our problems with the same thinking we used when we created them." Albert Einstein Well done! You appear to be the type of person who often looks for innovative solutions to even the most difficult problems. Please also be aware that this ability can also be used to assist colleagues in jointly responding to even the most complex of organisational problems. If you would like more information regarding this important dimension of resilience please visit our Resilience Centre. Click here.
Organization	20	"Once you have a clear picture of your priorities—that is your values, goals and high leverage activities, organise around them." Stephen Covey Well done! You appear to value the importance of being organised and strategic in your approach to most of work and life challenges. This is often a difficult skill to maintain given the rapidly changing environment that we live and work in and the amount of 'clutter' that 24 X 7 bombardment that technology has provided. Keep up the good work but if you would like further assistance please visit our Resilience Centre. Click here.
Self-confidence	20	"Because one believes in oneself, one doesn't try to convince others. Because one is content with oneself, one doesn't need others' approval. Because one accepts oneself, the whole world accepts him or her." ? Lao Tzu "Believe you can and you're halfway there." ? Theodore Roosevelt Well done. You appear to have a level of confidence and self-belief that will assist you in responding effectively to the many challenges a constantly changing society and work environment delivers. Please visit our Resilience centre if you wish to seek more information. Click here.
Flexibility & adaptability	20	Charles Darwin put it clearly, when he stated, "It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change." It is this ability to respond to change that is an indicator of a flexible approach. It takes flexibility to handle, positively, the huge amount of energy involved in any period of change. Well done! You appear to have well developed skills for responding with agility to the many challenges that we face in a rapidly changing environment. Many people now acknowledge that one of the few constants in life is change itself. In being able to successfully respond to such changes will require continual vigilance and awareness of the environment we, and our colleagues are operating within. Keep up the good

		work realising that through this skill you are continuing to build your resilience and ability to not only cope with difficult challenges but become even more capable for the future. If you would like more information regarding this dimension of resilience please visit our Resilience Centre. Click here.
Being proactive	20	“There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative.” W Clement Stone Well done! You appear to be a person who approaches problems and challenges from a ‘half glass full’ rather than a ‘half glass empty’ perspective. This means that you are often looking at and anticipating future events from the perspective of maximizing outcomes. This skill requires a commitment to planning, organisation and acknowledging the importance of applying problem solving strategies to changing circumstances. If you wish to seek more information about this dimension of resilience please visit our Resilience Centre. Click here.
Physical Health	20	Lorem ipsum this is simply dummy text