

DEVELOPING LEADERS · OPTIMISING PERFORMANCE



Resilience is an individual's capacity to adapt positively to pressure, setbacks, challenges and change, in order to achieve and sustain peak personal effectiveness.

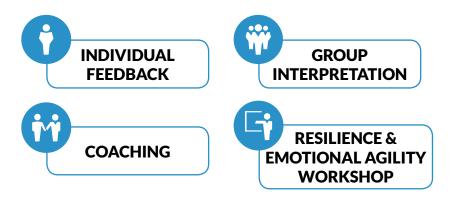
Research has shown that high levels of resilience at the workplace has valuable commercial implications for businesses, especially during times of change. Even in highly successful organisations, change is inevitable. Resilience can help individuals deliver valuable occupational outcomes such as helping themselves make speedy recoveries from problems, reduce stress, improve job performance, develop positive work attitudes, and sustain high leves of wellbeing and happiness at work.

The Resilience Questionnaire, published by a&dc UK, focuses on the aspects of an individual's patterns of thinking, preferences and behaviours that affects one's ability to respond positively to setbacks and challenges.

The questionnaire covers **8** components of resilience, which has been identified through extensive research:



Our services using The Resilience Questionnaire includes:





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