

# THE RESILIENCE QUESTIONNAIRE™



**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 levels 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:



**SELF BELIEF**



**INGENUITY**



**OPTIMISM**



**CHALLENGE ORIENTATION**



**PURPOSEFUL DIRECTION**



**EMOTION REGULATION**



**ADAPTABILITY**



**SUPPORT SEEKING**

Our services using **The Resilience Questionnaire** includes:



**INDIVIDUAL FEEDBACK**



**GROUP INTERPRETATION**



**COACHING**



**RESILIENCE & EMOTIONAL AGILITY WORKSHOP**

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