



RESILIENCE

RESILIENCE is about acting effectively under pressure. Maintaining stamina and bouncing back from disappointments, not letting them negatively influence our performance



GROWTH LEVELS



Emerging

Shows Self Control

Is emotionally self-aware, stays composed under pressure, handles challenges with confidence, ensures high-quality support, and maintains a positive, motivated attitude despite personal struggles.

Evolving

Demonstrates Persistence

Builds consensus, manages emotions proactively, plans ahead, provides quality care despite challenges, uses a trauma-informed approach, maintains positive relationships, learns from experiences, focuses on solutions, and prioritizes self-reflection and self-care to prevent burnout.

Leading

Model of Resilience

Creates a supportive atmosphere, is dedicated to continuous learning and growth, remains committed to long-term tasks, manages stress effectively, promotes wellness, coaches others on trauma-informed practices, fosters resilience in others, and encourages self-care and healthy lifestyles to manage stress.

Influencing

Manages Self in highly adverse situations

Maintains self-control in challenging situations, delivers consistent results over time, perseveres through rejection and frustration, stays positive and motivated, demonstrates endurance, upholds high service standards, and champions trauma-informed practices.



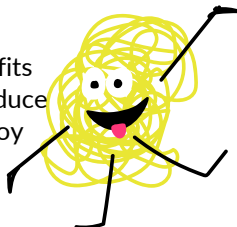
Complete your self assessment on Advocacy and email it to yourself and then share with your mentor or someone you trust. [Click here to do a self assessment](#)

TEAM ACTIVITY

Find Something Funny!

- Spend 10 minutes at your next team meeting having each person share one thing that they have experienced, seen or heard that they found funny today.
- Each person must also share why they found this funny.
- Hopefully, everyone will be able to have some good laughs together. This activity is important because: Laughter has been found to boost resilience.

A study evaluating humour-induced positive psychology interventions identified the benefits of incorporating daily humour activities to induce laughter, reduced depression and increased joy for participants, even months later.



ACTIVITIES TO ASSIST WITH COMPETENCY DEVELOPMENT

- Make connections to lean on during difficult times; make a list of 6-10 people that you can lean on when needed.
- After a challenging situation debrief with your team and review what worked well and what could be done different next time. Journal this conversation.
- Write down 5 things that can help you maintain self control when you become emotionally charged.
- Engage in exercise, set an exercise goal (i.e. go on the treadmill for 20 minutes 3 times in the next week), and log your exercise for a week.
- Identify a time when you handled a crisis well. Note the strategies you used and their effectiveness. Ask a colleague for their feedback.

Learn more about the modernized core competencies:

VISIT: <https://dscorecomp.com>





7 RESILIENCE Components

Dr Ginsburg, child paediatrician and human development expert, proposes that there are 7 integral and interrelated components that make up being resilient – competence, confidence, connection, character, contribution, coping and control.
Dec 14, 2013

1. Competence – is the ability to know how to handle stressful situations effectively. It requires having the skills to face challenges, and having had the opportunity to practice using these skills so that one feels competent in dealing with situations..
2. Confidence – is the belief in one's own abilities and is rooted in competence. people gain confidence by being able to demonstrate their competence in real situations.
3. Connection – people with close ties to friends, family, and community groups are likely to have a stronger sense of security and sense of belonging. These people are more likely to have strong values and are less likely to seek out alternative destructive behaviours..
4. Character –people with “character” enjoy a strong sense of self-worth and confidence. They are in touch with their values and are comfortable sticking to them. They can demonstrate a caring attitude towards others. They have a strong sense of right and wrong and are prepared to make wise choices and contribute to the world.
5. Contribution – if people can experience personally contributing to the world, they can learn the powerful lesson that the world is a better place because they are in it. Hearing the thank you's and appreciation when you contributes, will increase their willingness to take actions and make choices that improve the world, thereby enhancing their own competence, character, and sense of connection.
6. Coping – people who have a wide repertoire of coping skills (social skills, stress reduction skills) are able to cope more effectively and are better prepared to overcome life's challenges.
7. Control – when people realize that they have control over their decisions and actions, they are more likely to know how to make choices in a way that they can bounce back from life's challenges.

3 Ted Lasso

Quotes that Inspire Resilience at Work



"You know what the happiest animal on Earth is? It's a goldfish. You know why? Got a ten-second memory."



"I want you to know, I value each of your opinion, even when you're wrong."



"Takin' on a challenge is a lot like ridin' a horse. If you're comfortable while you're doin' it, you're probably doin' it wrong."



The three secrets of resilient people | Lucy Hone | TEDxC



Pixar boundin' 2003 resilience

“I can be changed by what happens to me. But I refuse to be reduced by it

Maya Angelou

driven

If you see it, share it!
Recognize your teammates when you see them do a core competency. Watch for cards on your home/program bulletin board for details.

