Roffey Park resilience model



Resilience is more relevant than even before. It helps us to manage adversity, gain a sense of control and manage change effectively. During the pandemic of Covid-19 we will be using more of our resilience reserves than normal, what are you doing to keep yours topped up?

Reflect on the questions and identify some actions you can take or that you can encourage others to take to help build and develop resilience.

Do you make time in your schedule for the pursuit of activities that give you joy and/or help you relax?
Do you make sure you eat a healthy diet?

Do you make time to exercise regularly?

Do you get enough sleep?

Are you able to meet your varied needs through a diverse support network? Do you have a strong and reliable network of colleagues inside and outside of work that will help you through difficult times?

Perspective

Managing physical

Emotional Intelligence

Connections

Purpose, values & strengths

Are you able to positively reframe negative experiences and find opportunity in adversity? Are you able to accept what you cannot change, and focus your efforts on those things you can? Are you solution driven or do you tend to get stuck in the problem?

Are you able to face fully negative information whilst not dwelling on it?

Do you acknowledge your own feelings and express them appropriately?

Are you able to change your mood when you need to?

How intentional are you about providing support to others?

Do you have a clear sense of purpose at work?

Do you have a clear sense of your personal strengths and make the opportunity to use them regularly in your work?

Do you have a clear sense of your own values?

Does you work fit well with your personal values and beliefs?

Click the link to complete a questionnaire to gain an insight into your current level of resilience Resilience Capability Index - Roffey Park Institute | We develop people who develop organisations