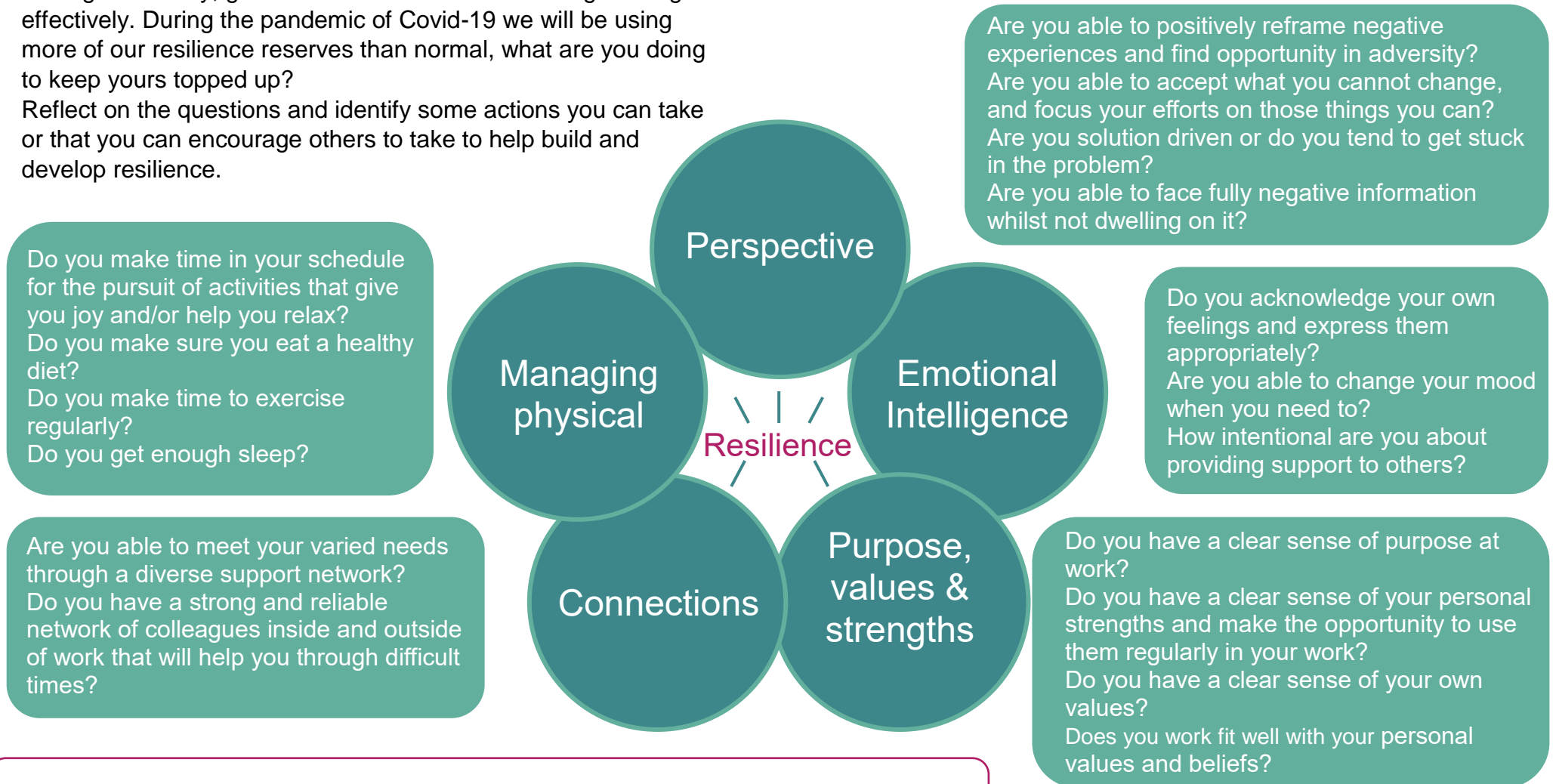


Roffey Park resilience model

Resilience is more relevant than ever 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.



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](#)