Resilience

Resilience is the ability to mentally or emotionally cope with a crisis or to return to pre-crisis status quickly

Resilience exists when the person uses "mental processes and behaviors in promoting personal assets and protecting self from the potential negative effects of stressors.

Some people cope with stressful situations better than others, mainly due to being more resilient. The good news is that resilience is a skill which can be learned.

Here we've shared some resources from **Virtual Ashridge** to help you either build on existing resilience skills or start to learn them.

Resilience Explained
This video explains what it really means to be resilient, why it's important and how you can develop it.

Resilience Digital Diagnostic
Personal resilience can be defined as the ability to adapt and thrive in the face of adversity, applying a range of resources.

Resilience Attitudes
This video explores six core elements of resilience - attitudes which can help people when they are under pressure.

Personal Resilience Resources
If resilience is not a fixed trait but something that you can actively improve over time, what is it that you need to work on developing?

Coping with Stress and Pressure
This video looks at how you manage stress and pressure, your triggers and techniques you can use to limit stress and pressure in your life.

Top Tips for Managing Stress
Knowing what causes you stress and the way you respond to it, will enable you to choose appropriate strategies.

9 Factors that are core to people's resilience
What are they?
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The Mindful Leader: Developing resilience and collaboration in a complex world
This webinar summarised our research, conducted over the last two years. 57 leaders undertook an eight week mindfulness training program.

Developing a resilient team
Over 105 million days lost each year due to workplace stress at a cost to employers of £1.2billion.

Developing Resilience Online Course
Raise your resilience to the next level by looking at how individuals and teams work and discover how to manage stress and build your personal resilience.