



Resilience Toolkit

What this toolkit is about

Have you ever observed that the same thing can happen to different people, yet the effect on each person is dramatically different? Have you ever wondered why it is that one person will collapse under a set-back, and another will get knocked back for a while and then seem to thrive?

While some people naturally seem to display more resilience than others, the good news is that you can develop it by using strengths that you already possess.

What you will learn:

- the attributes of resilience
- why resilience is important
- the attributes of mindfulness.
- ways to increase your resilience.

What you will use this toolkit for

Having resilience is the ability to interpret a setback as short-term, isolated and not permanent. This means that a resilient person believes they can move on by applying any learning found in the situation without being trapped into inaction.

It is a certainty that unexpected and unwanted stressors will arrive in your life. Being resilient enough to deal with these situations will make the difference in how quickly you can get back on your feet again. We can't control many difficult situations, but we do have control over how we view the experiences and how we view our own capabilities to deal with them. Using this toolkit, you will be able to see the way that overall health will support your resilience, and you will be able to examine ways to increase your current resilience, helping you to bounce back from adversity faster and more effectively.

This toolkit contains:

- The Resilience resource
- Planning wellbeing—worksheet
- Case studies:
 - Merging cultures
 - Courage in the face of adversity.

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