



Resilience

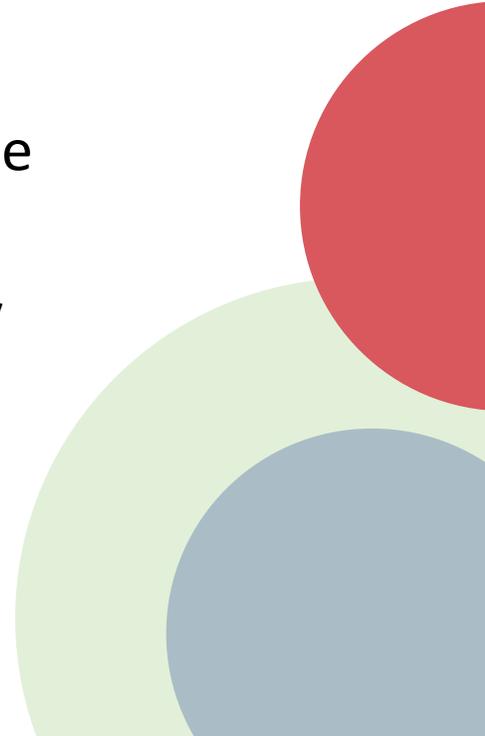




RESILIENCE

What is resilience?

Resilience describes a person's capacity to cope with changes and challenges during difficult times. It is the quality of being able to deal with the ups and downs of life. Resilience emerges within supportive contexts and relationships. The more resilient someone is, the better they are getting through tough times and the better they are recovering from experiences of adversity (Gilligan 2004).





RESILIENCE

The role of resilience in our life

Resilience won't make your problems go away — but resilience can give you the ability to see past them, find enjoyment in life and better handle stress.

Resilience is

- capacity to adapt to demanding situations
- ability to recover from setbacks
- manifested as optimism, activeness, self-knowledge, self-regulation, autonomy and spirituality



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Career resilience

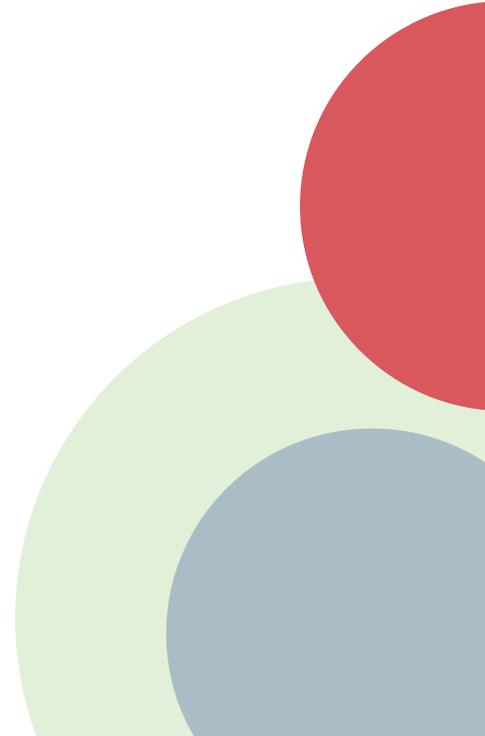
Career resilience, by extension, refers to one's ability to adjust and adapt to career changes as they occur. Developing career resilience means taking charge of your own career path and continuously developing new skills to remain in-demand. Professionals can adopt behaviors, attitudes, and processes to help facilitate ongoing growth, despite any setbacks or challenges that may occur.



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Career resilience

Developing career resilience means anticipating potential challenges and actively preparing for them. By doing so, you can reduce your risk, strengthen your mental fortitude, and position yourself effectively for future opportunities.





Resilience

Level A - Basic

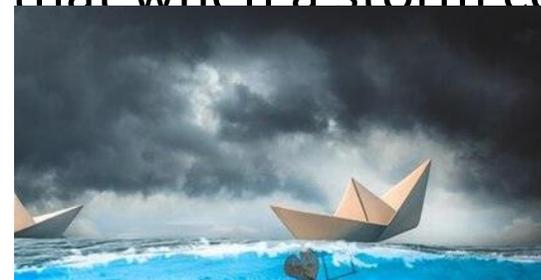


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The importance of resilience for basic level learners

Resilience is important because it gives each and all of us the strength needed to process and overcome hardship. It helps us to maintain balance in our lives during difficult or stressful periods.

The gift of *resilience* is that it gives you a solid and very seaworthy ship, so that when a storm comes, you don't drown.



Resilience



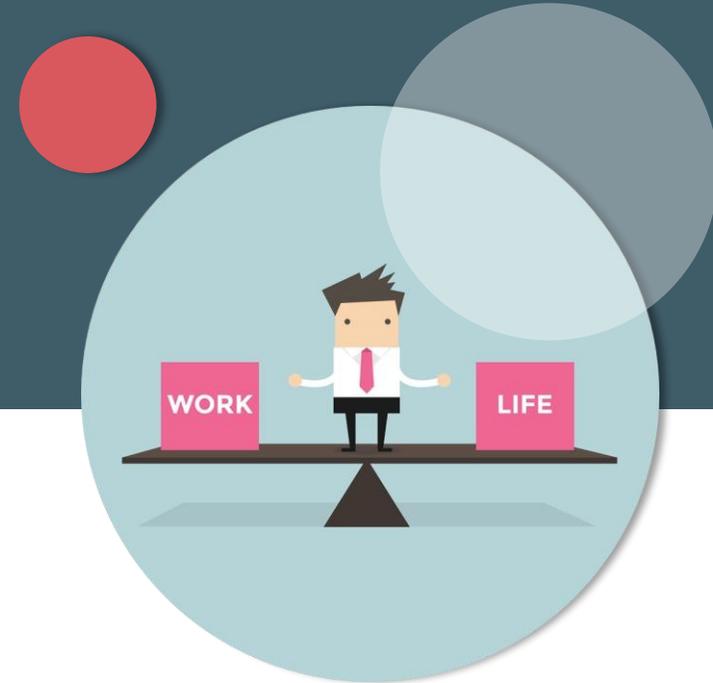
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Be positive, flexible and well prepared at transition points in your life



Remain positive when facing setbacks



Tell positive stories about wellbeing, progress and achievements



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Exercises

1. Remain positive - Shoot the five stars
2. Horoscope
3. Plan your coping strategies
4. Identify your strengths
5. Learn from experience
6. Positive things about yourself
7. Enjoy
8. What keeps you healthy?
9. Role model/ trusted person
10. Embrace change



Top 10 tips for Resilience

(Resilience toolkit/Greater Glasgow and Clyde)

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Remain positive
from life.

– Look towards the future, think of what you want

Establish realistic goals

– This helps give you focus.

Strategies
afraid to ask for help.

– Plan your coping strategies. Don't be

Identify your strengths

– Identify your strengths and be confident in yourself.

Learn from experience

– Learn from experience and move on

Introduce a positive way
way of thinking

– Introduce a positive way of thinking. Focus on the good things in your life

Enjoy

– Make time to do the things you enjoy.

Needs
fit.

– Take care of yourself. Keep healthy and

Connect
family, friends.

– Build healthy relationships with your



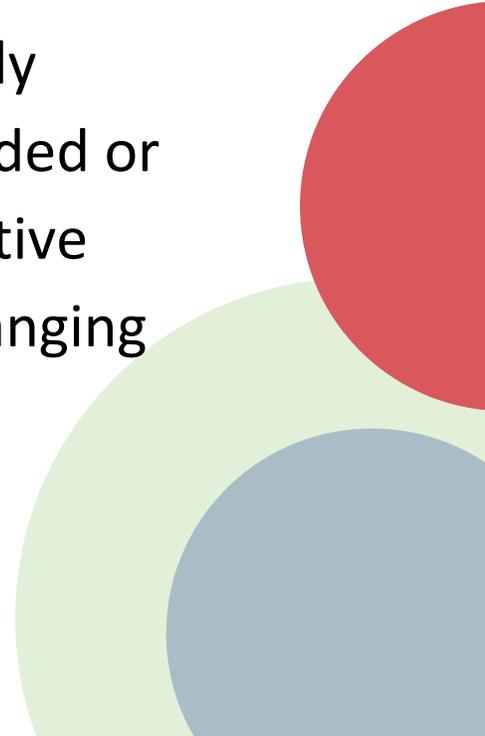
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Level B - Intermediate

The importance of resilience for intermediate level learners

You probably have already realised that resilience is an important trait to have. Resilient people understand that things change and that carefully made plans might sometimes need to be amended or scrapped. So, being prepared to look at alternative routes to reach your goals, or possibly even changing your goals completely when necessary, is really important.

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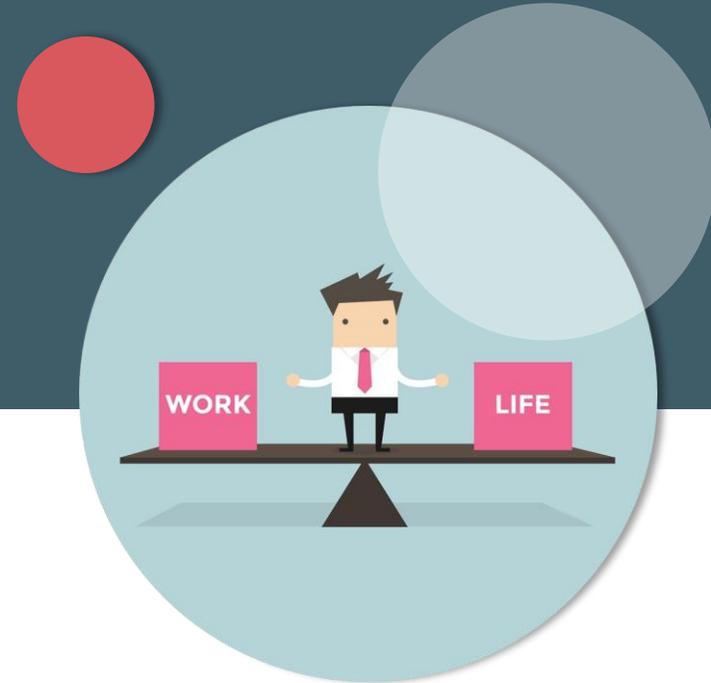
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Review and reflect on previous transitions for future moves in education, training and employment



Use positive story to manage wellbeing, progress and achievement



Develop abilities for maintaining a positive self-concept



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Exercises

1. Time capsule
2. Establish realistic goals
3. Navigate resources
4. Identify your strengths
5. Learn from experience
6. Counter unhelpful thinking
7. Things you enjoy
8. Needs
9. Connect
10. Engage in meaningful activities



Resilience

Level C - Advanced



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The importance of resilience for advanced learners

Resilience is one of, if not the most important, trait that will be the catalyst to success even if you are an experienced professional, manager, or individual with advanced level of skills.

Resilience allows you to learn from a challenging situation. It enables you to prepare for stressful situations by being proactive instead of reactive. Being resilient pushes away the feeling of defeat, and gives you the power to better control the outcome.

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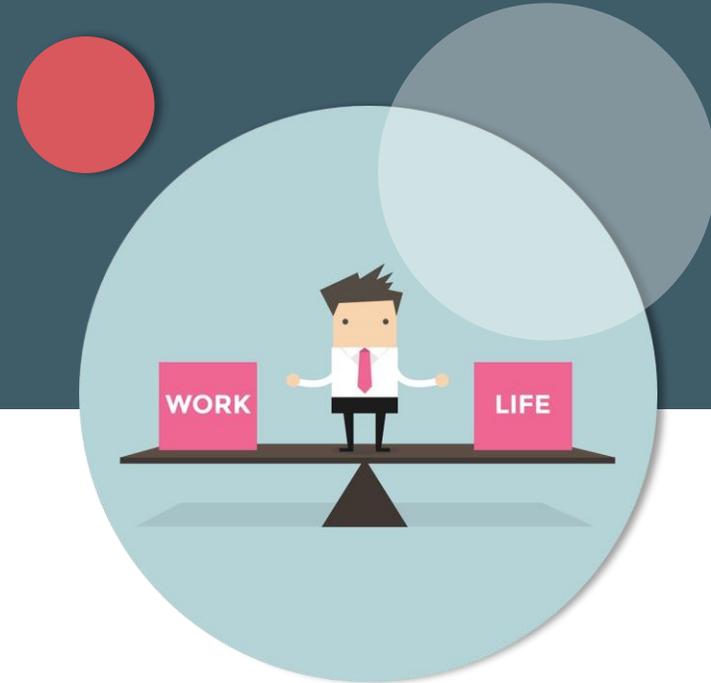
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Develop and use strategies dealing with the challenges of managing career transitions



Identify how positive traits, behaviours, and actions contribute to one's progress, achievements and wellbeing



Manage the changes in studies, work or other aspects in one's life



Exercises

1. Remain positive
2. Establish realistic and achievable goals
3. Visualisation
4. Identify your strengths
5. Learn from experience
6. Finding silver linings
7. Enjoy
8. Needs
9. Connect
10. Personal resilience plan



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Find more information on
<http://app.career-skills.eu>