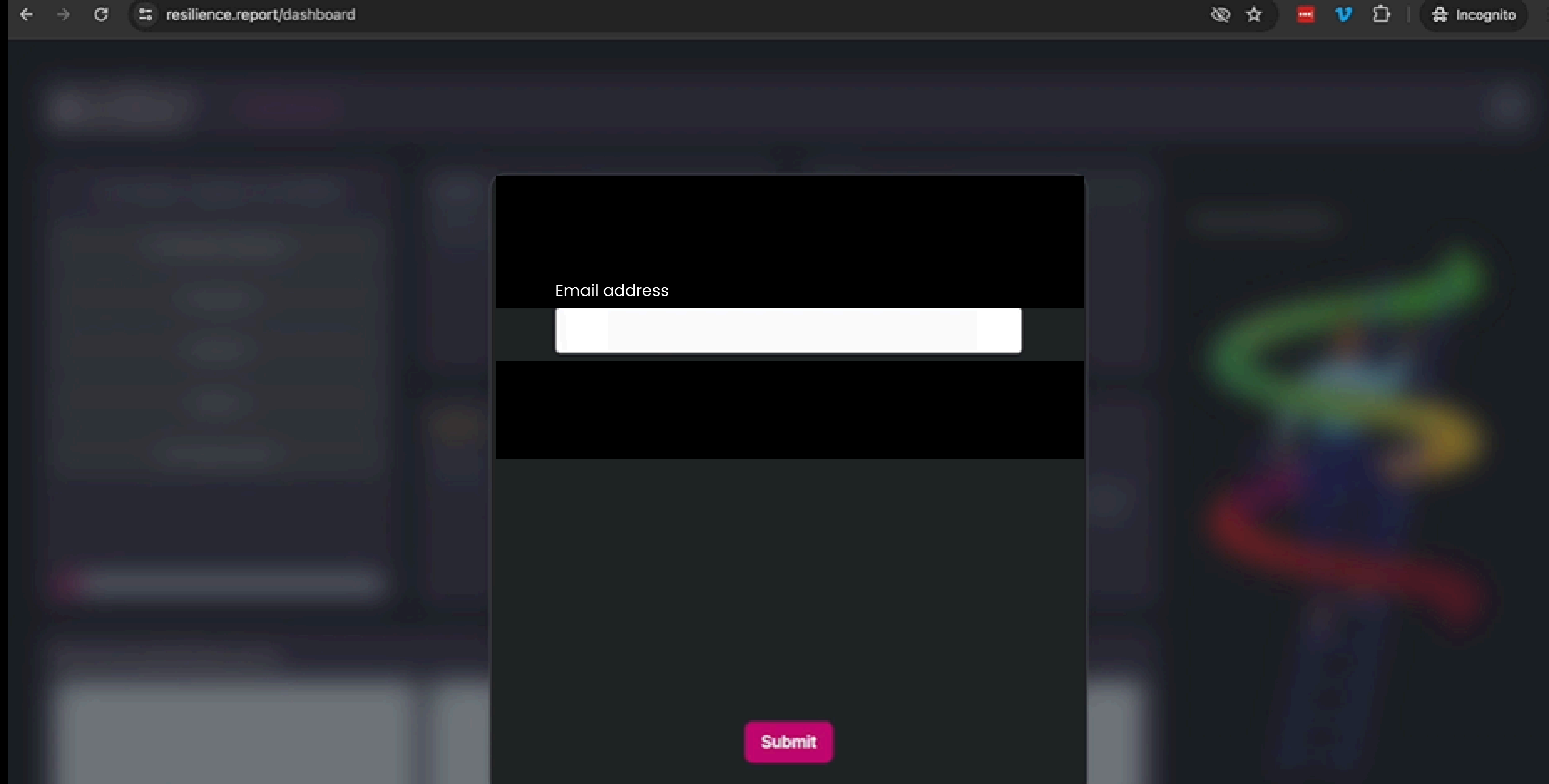
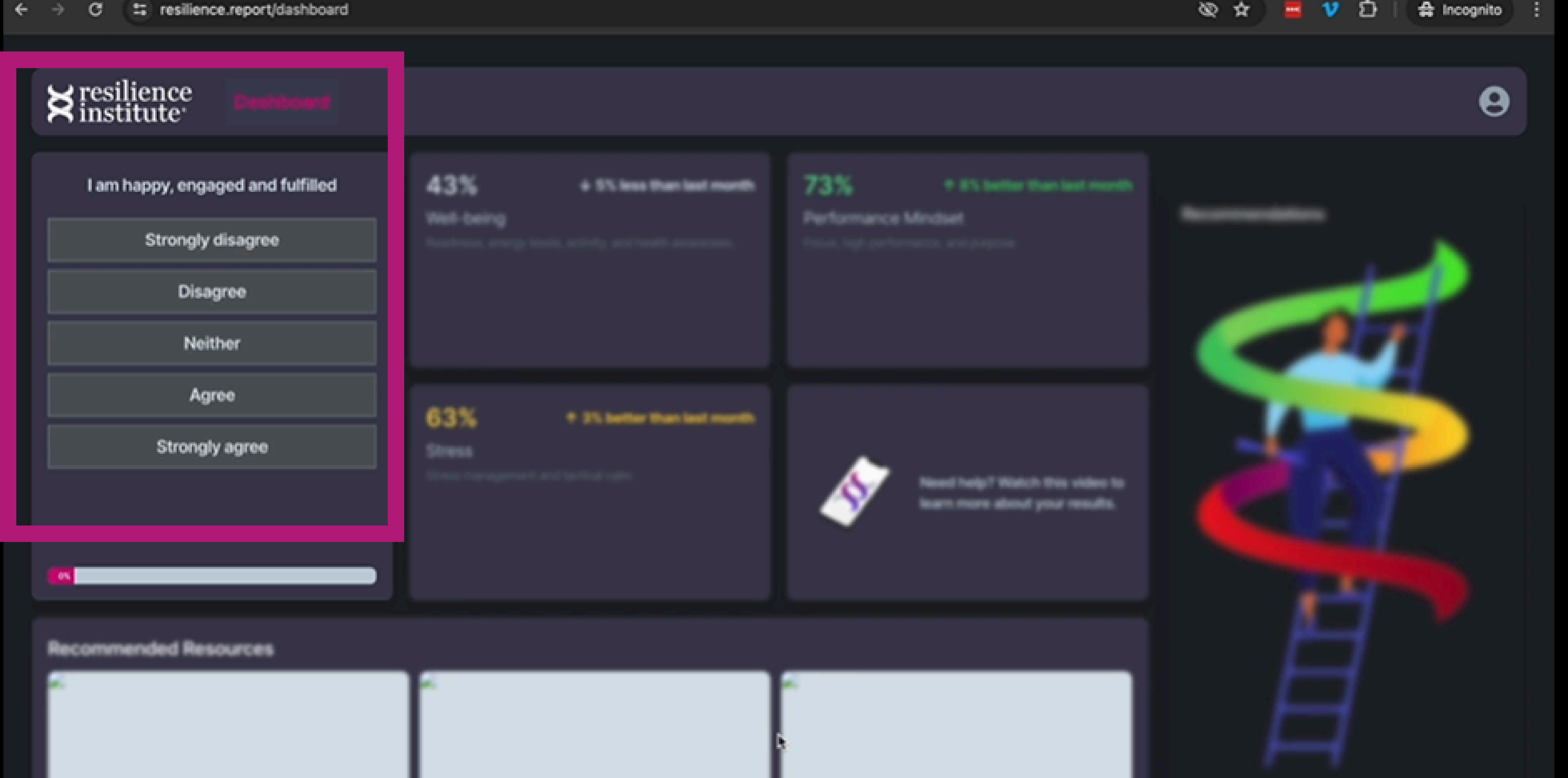


Welcome to the Resilience Assessment

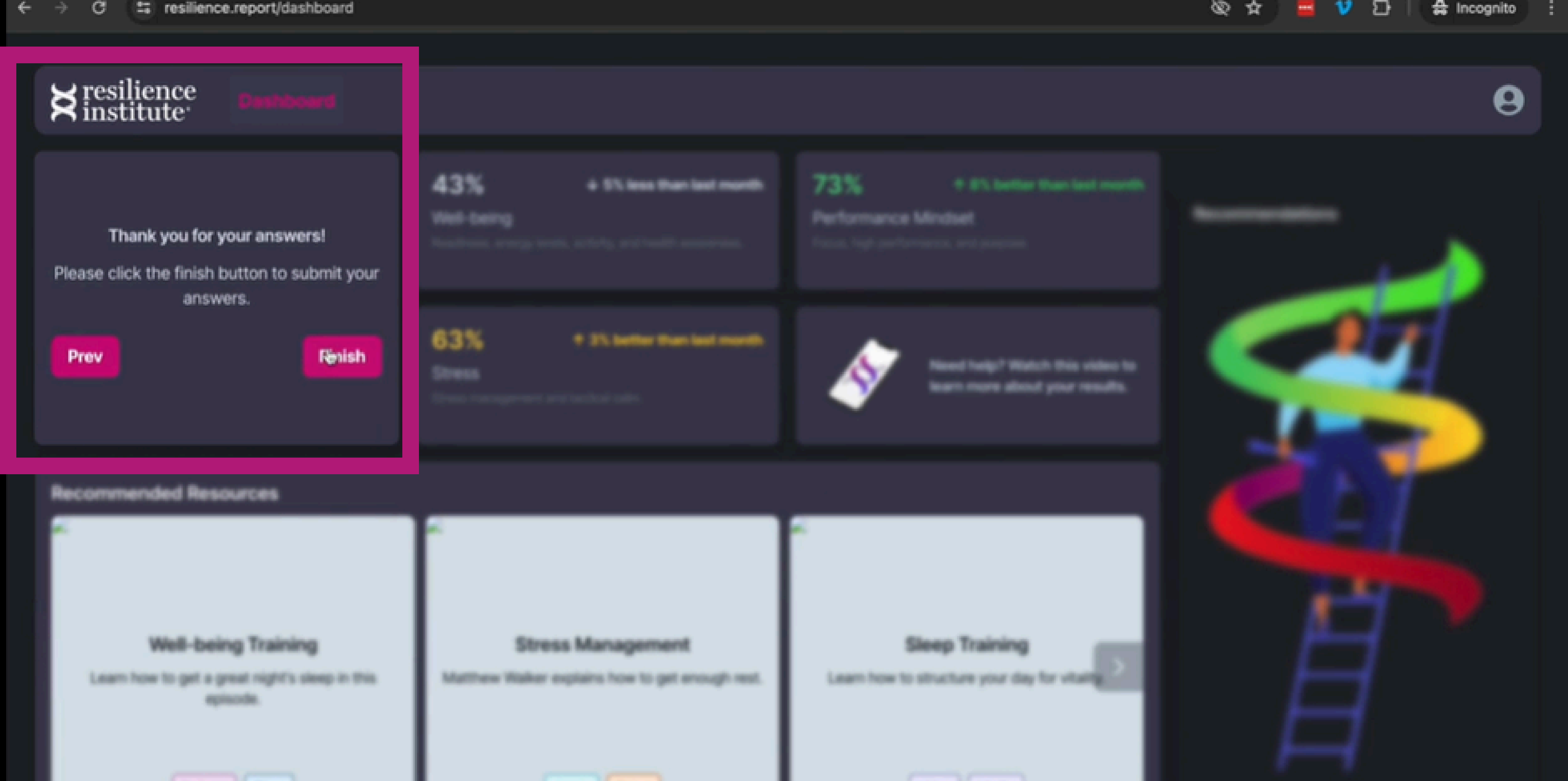
Here's a quick start guide to the Resilience Assessment.



After clicking on your access link, enter your email address and click submit.



Next, you'll be presented with a series of questions that should take no more than five minutes to complete.



After completing the assessment, your private and confidential report will be displayed.



Resilience Score



Bounce
The capacity to navigate change and challenge.
+ 33% below average



Well-being
Readiness, energy levels, activity, and health awareness.
+ 16% below average

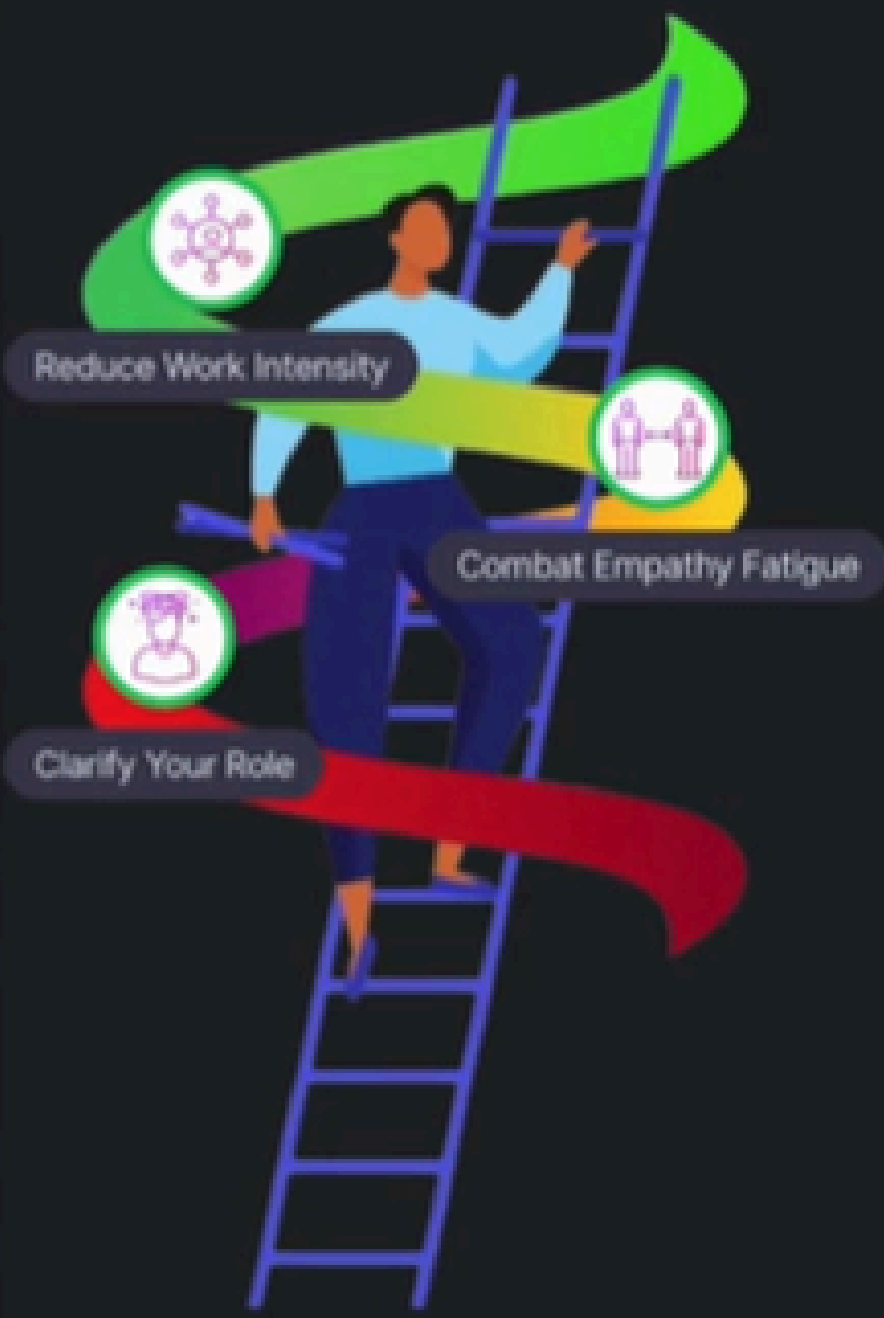


Performance Mindset
Focus, high performance, and purpose.
+ 17% above average

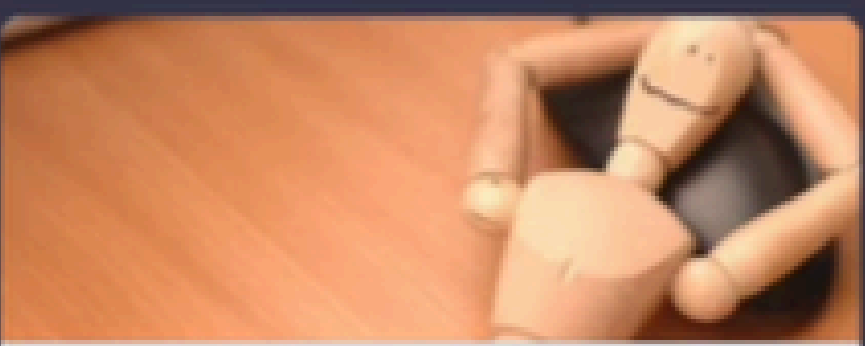
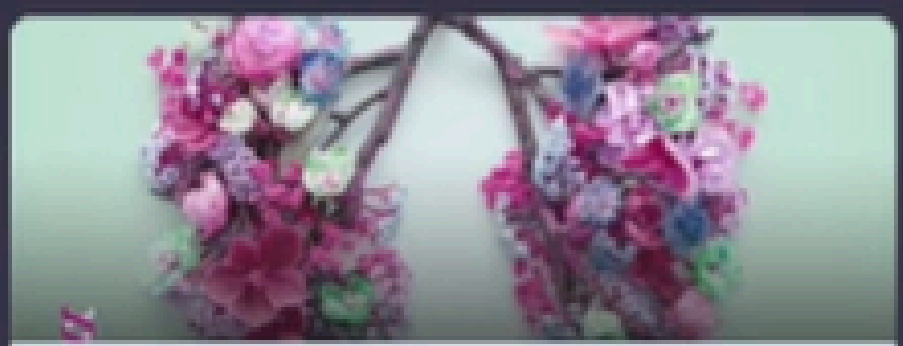


Need help? Watch this video to learn more about your results.

Recommendations



Recommended Resources



Now it's time to explore your report. Perhaps the best place to start is your Resilience Score.

Resilience Score



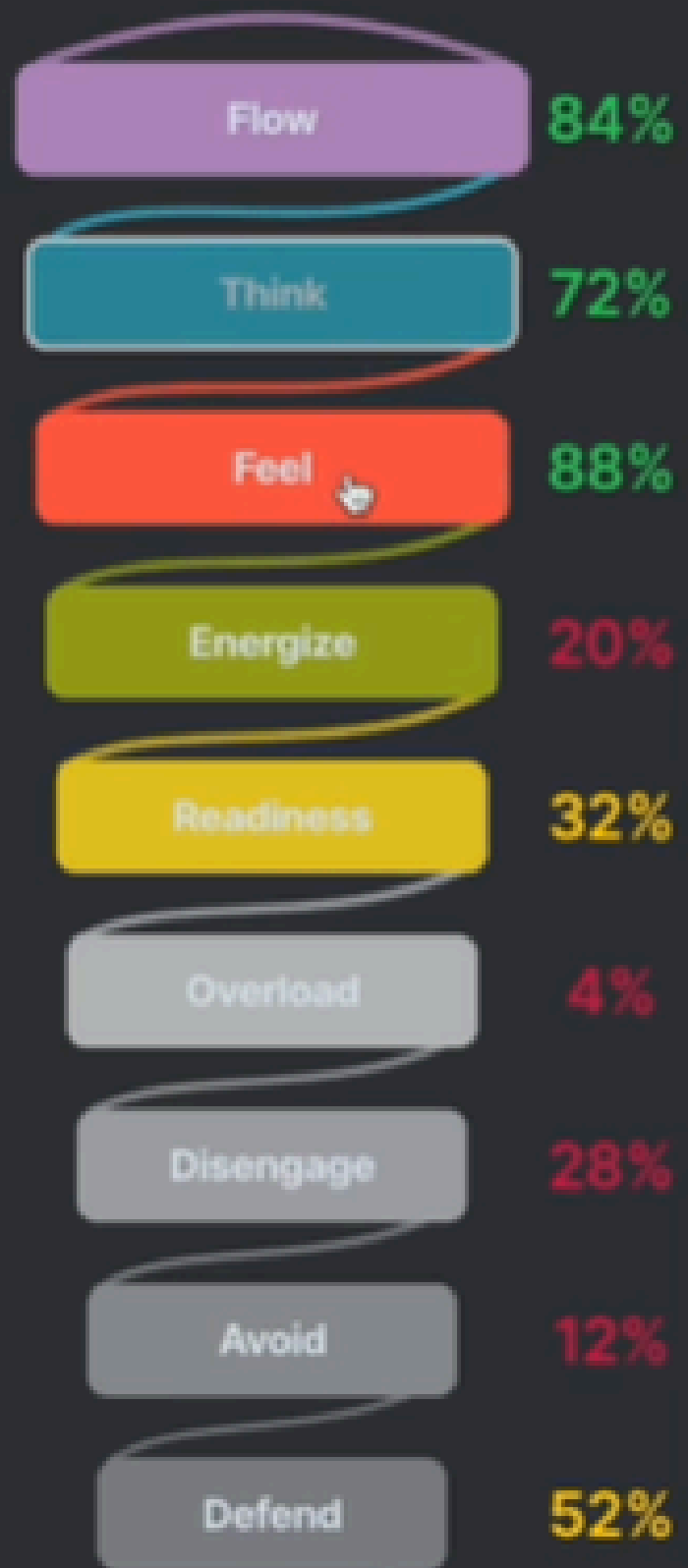
The Resilience Score is a subjective assessment over the last 2 weeks of your ability to bounce in adversity, grow your resources, connect with what matters, and find flow in your life. Bounce shows where you might be experiencing distress and what you can do to recover. Well-being assesses your ability to be calm, ready and fit for life. Performance Mindset explores your emotional, mental and spiritual readiness to secure the life and work success you desire. There is no 'perfect score' and we all go through times of difficulty. We can always assess where we are, make skillful changes and build our resilience.

You might be experiencing low resilience in your life over the past two weeks. Start by identifying activities that have previously brought you joy or a sense of achievement. Consider setting small, achievable goals in areas you're passionate about or curious to explore. Simple steps like clarifying your purpose, securing good sleep, taking time to relax, and refocusing on what is important might help. Keep a gratitude journal to remind yourself of the positive aspects of your life and track your progress towards more fulfilling activities. If you are concerned by your score or how you are currently feeling, we strongly recommend you seek professional advice with a trusted health professional.

- 1 Reduce Work Intensity**
Take regular breaks to decompress and regain focus. Establish clear boundaries between work and personal time to maintain balance.
- 2 Combat Empathy Fatigue**
Set boundaries to protect your emotional well-being. Ensure you're taking time for self-care to recharge and sustain your ability to care for others.
- 3 Clarify Your Role**
Seek clarity on your job responsibilities and expectations. Discuss your role and objectives with your supervisor to align on your goals.
- 4 Focus on Single Tasks**
Practice mono-tasking by dedicating your full attention to one task at a time. Use tools like time-blocking to help maintain focus.


Upon clicking on your Resilience Score, you'll find an action plan that's based on your own resilience strengths and risks. If nothing else, focus on these five recommendations in order to improve your overall resilience.

Resilience Spiral Overview




100% ↑ 24% above average

Metacognition
Metacognition is the ability to notice unhelpful streams of thinking and to quieten them.




80% ↑ 19% above average

Focus
Focus is to hold your attention on something at will and with intensity.




60% ↑ 60% above average

Situational Agility
Agility (situational agility) is being conscious, flexible, and creative in testing situations.




60%

Decisiveness
Decisiveness is to make a timely and confident decision when required.



60%

Creativity
Creativity is the process of discovering and matching solutions to our challenges.



You may also click on the Resilience Spiral, especially if you're participating in a Resilience Institute training programme.

Bounce

Details

Bounce



The capacity to navigate change and challenge.



Start by acknowledging the strength within challenges and the learning they bring. Engage in reflective practices to understand your reactions to adversity and identify strategies that foster resilience and growth.

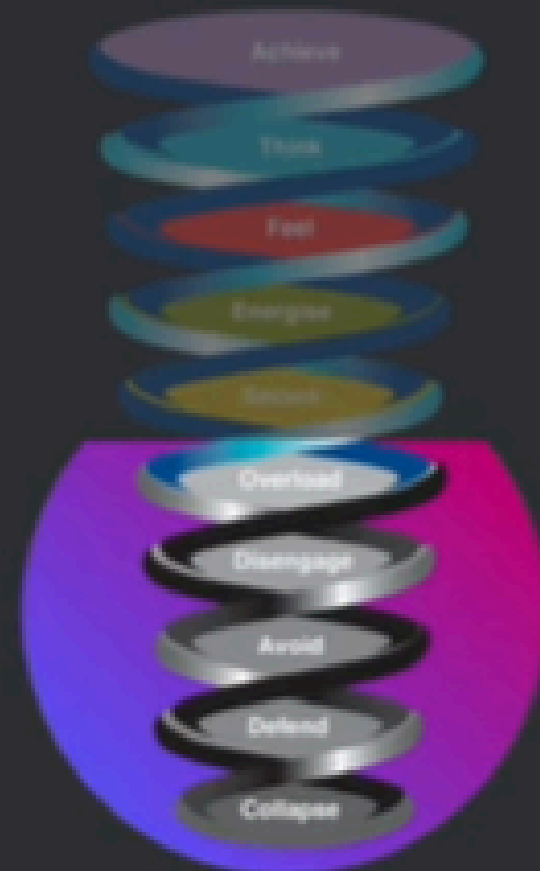
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- 5 Overcome Procrastination**
Break tasks into smaller, manageable parts and set clear deadlines. Reward yourself for completing tasks on time.

You have the option to click on the different dimensions of resilience, such as bounce, well-being, and performance mindset to view an action plan for each one of these dimensions.

Bounce



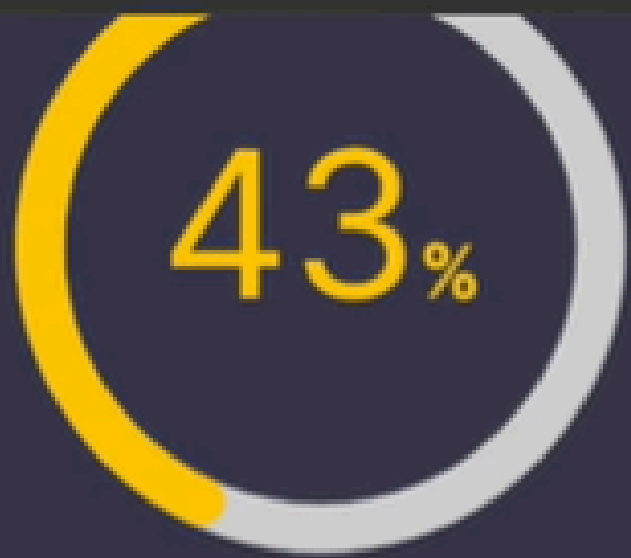
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Each factor has a library of resources.



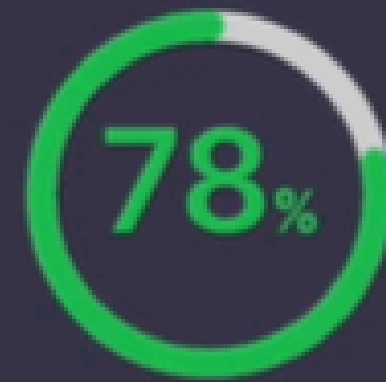
Resilience Score



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+ 33% below average



levels, activity, and health awareness.
+ 10% below average



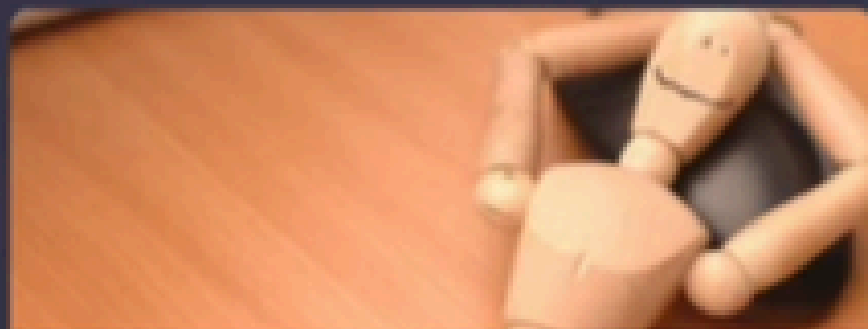
Performance Mindset
Focus, high performance, and purpose.
+ 17% above average



Need help? Watch this video to learn more about your results.



Recommended Resources



3 Compelling Reasons to Take Mental Breaks for Your Health

A mental break is any activity that lets people distance themselves from immediate (and often stressful) tasks, relax, and recharge.

Article

Boredom

Attention loss



Beat Burnout with a Growth Mindset

Humans are self-healing and regenerating systems. Under pressure, we respond with learning, growth, and greater resilience.

Article

Tactical calm

Apathy



The Expectation Effect with David Robson

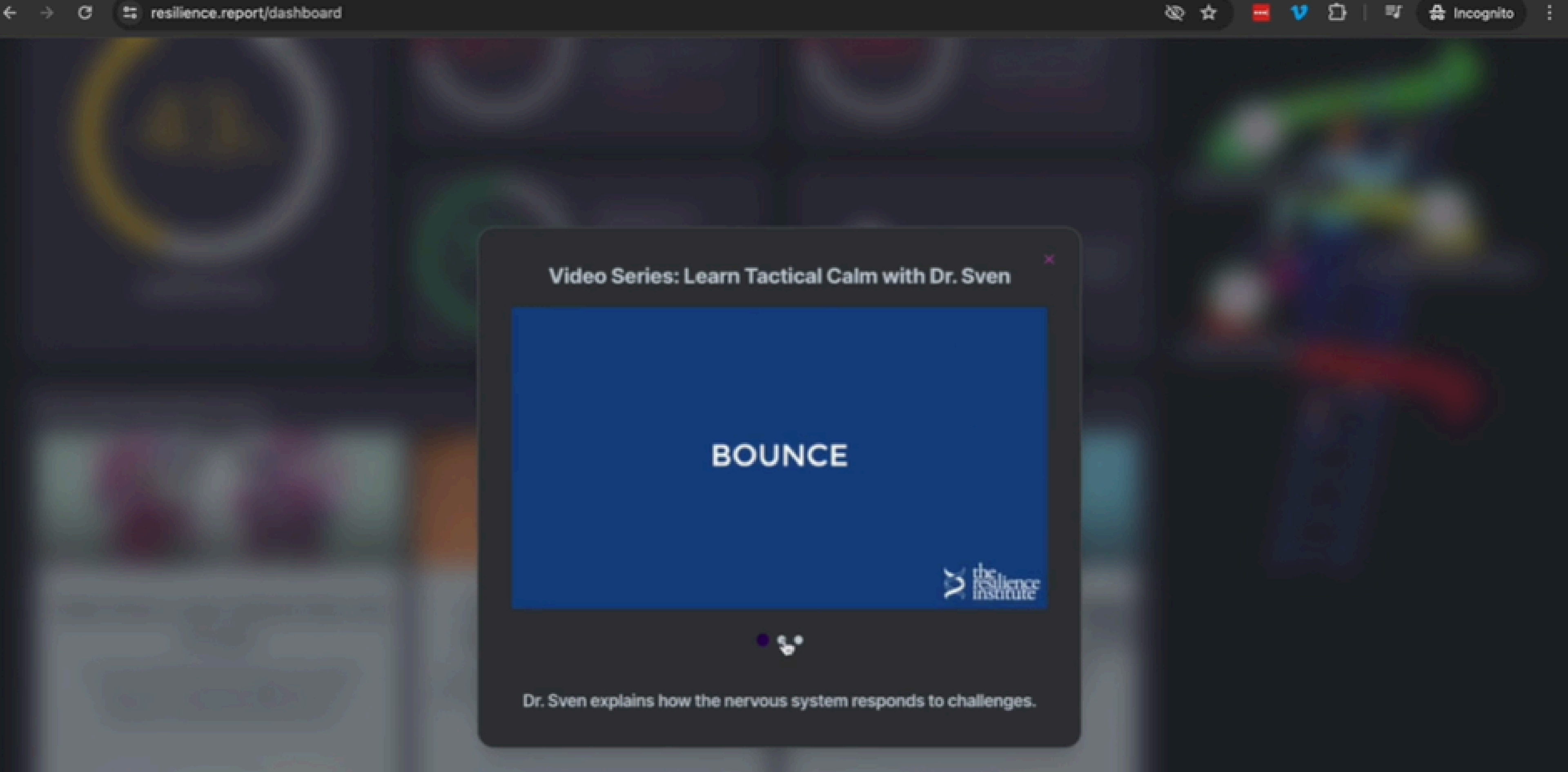
We've all heard about the placebo effect, but what is the nocebo effect? How can your beliefs and expectations impact your body?

Podcast

Positivity

Worry

and you can access the recommended resources based on your specific score in the panel at the bottom of the dashboard.



This opens up podcasts, blog posts, worksheets, and videos, which you can watch directly within the app experience.

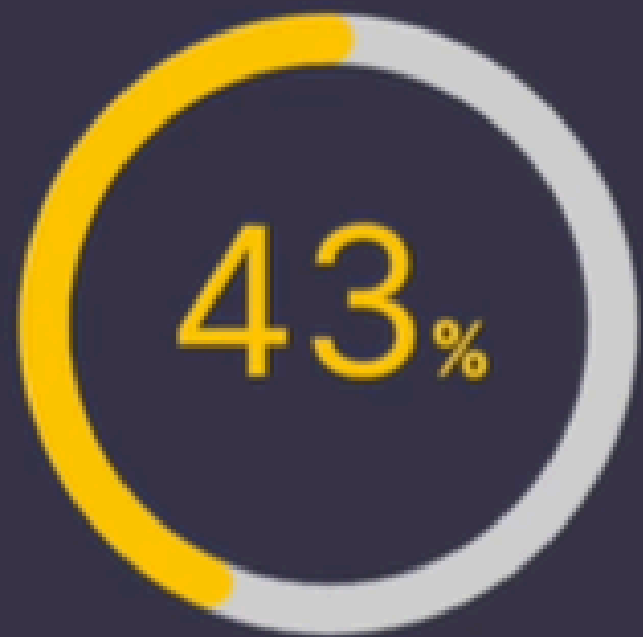


brad.hook+++@resilience.com

Logout

Contact Support

Delete Account



Resilience Score



Bounce

The capacity to navigate change and challenge.

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Well-being

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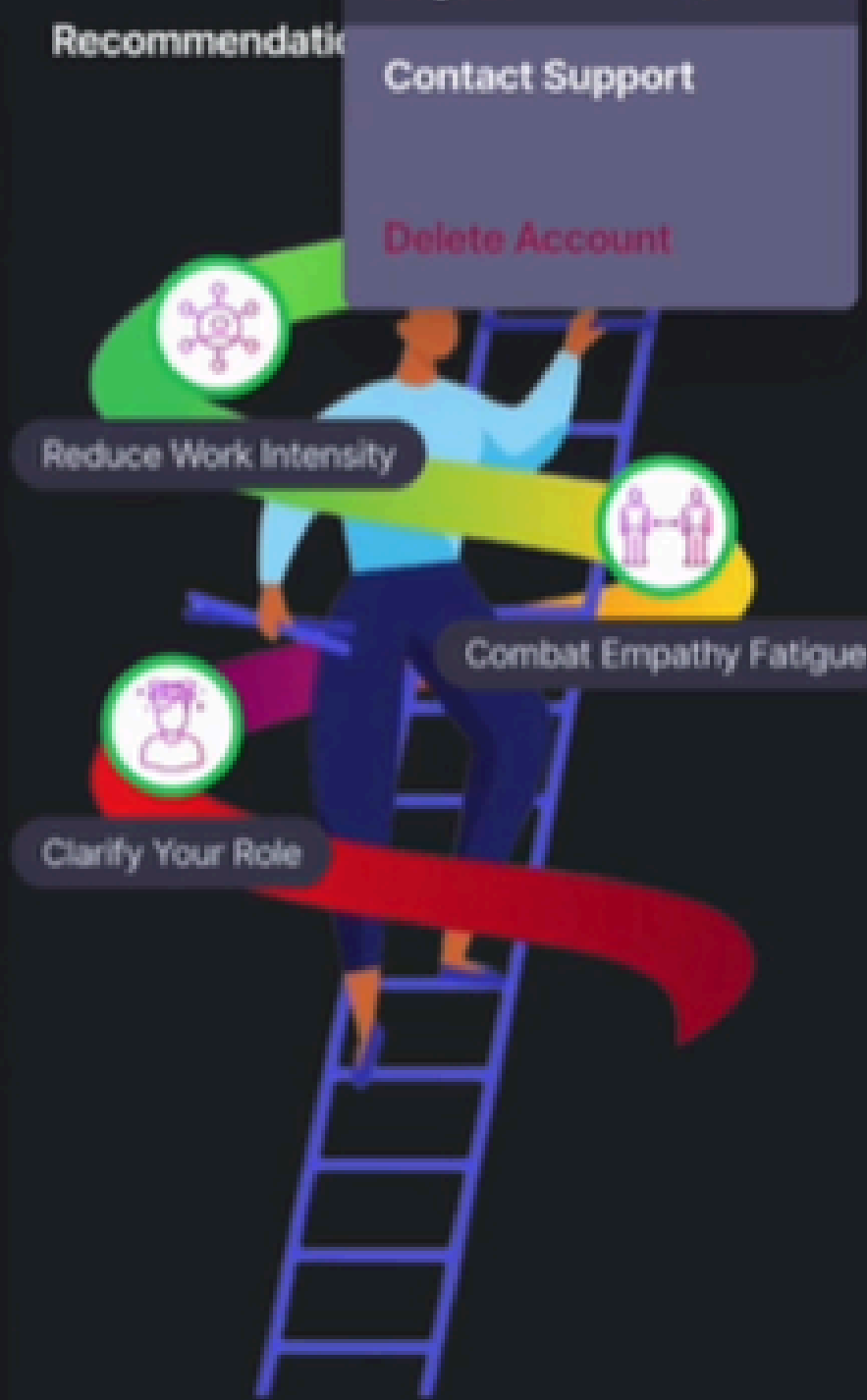
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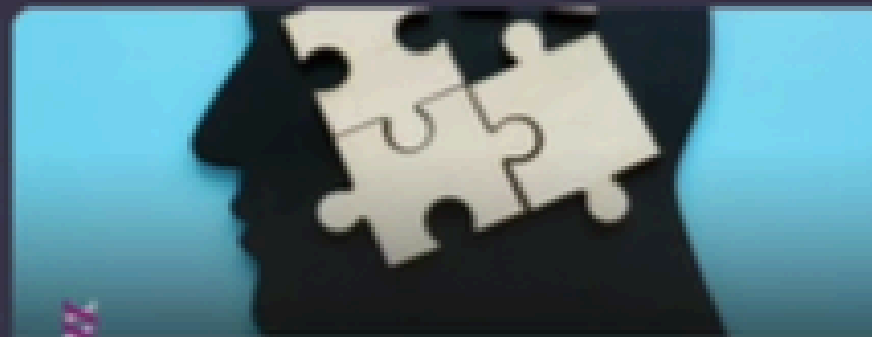
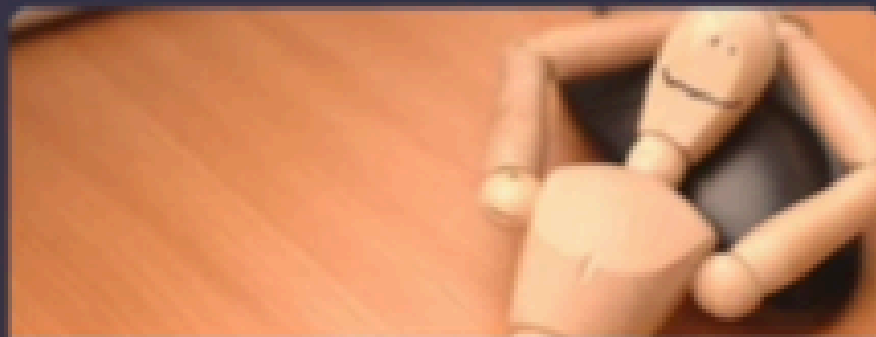
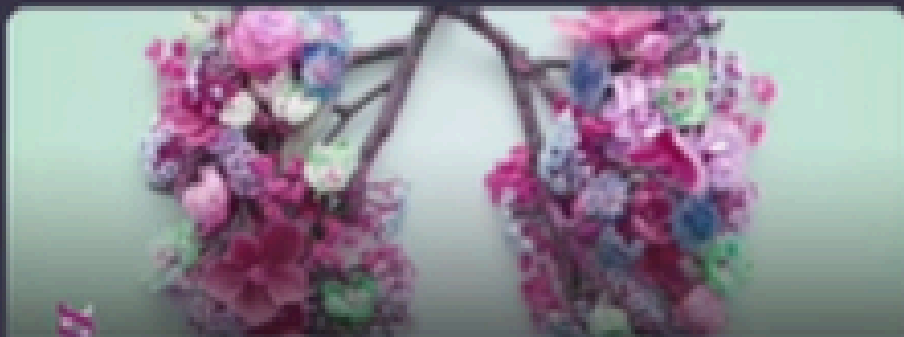
+ 17% above average



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Recommended Resources



To log out, click on logout at the top right corner. After logging out, it's easy to return to your report.

www.resilience.report/signin

Welcome Back!

We have sent an access link to your email address. It will be valid for 5 minutes.

Resend link



To login again, go to the link (above) or click the sign in button at resilience report and you will be sent an access link to your email address.



Welcome back!

We received a request to access your Resilience Assessment. Simply click the button below to access the tool now.

This link will be valid for 5 minutes

Login

Check your inbox for our email. Click on login and you'll be directed back to the report.

The logo consists of a stylized, white, serif symbol resembling a double 'X' or a pair of interlocking loops, positioned to the left of the text.

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