

The dimensions of personal resilience

Self confidence

This dimension includes a high level of self-confidence and self-belief, together with the ability to rise above challenges, and to see ways through them.

Vision

This provides a clear idea of what individuals really, really want to do and achieve. This enables them to approach challenges as though they are opportunities.

Flexibility and adaptability

This enables individuals to respond to changes, and view the world as a constantly changing place. Being able to adapt to change is key to being resilient.

Organisation

In the face of chaos and increasing demand and time poverty, this contains the ability to focus on critical events and challenges requiring attention, and structuring activities that enable more important items to be addressed whilst leaving aside irrelevant distractions.

Solving problems

Resilient people get to grips with solving problems. They have the determination, tolerance and patience required to get to the bottom of problems, and by doing so, provide them with opportunities of resolving problems.

Social interactions

Interactions between people help to develop and sustain resilience. A positive interaction is where one person is attentive to another and demonstrates real interest, empathy and understanding. When this happens, normally the same level of attentiveness is reciprocated. People with high levels of emotional intelligence will also show high levels of resilience.

Networks

Social and professional networks can lead to genuine relationships between people because of their shared interests, and mutual support.

Positive action

This includes the ability to be active in embracing challenges, and not simply reacting to them. This may include assertive behaviour that demonstrates a clear goal to be achieved, and determination in achieving it.