

Work tool 1

Think through how you can build your resilience – Approach

1. Read through the following thinking questions
2. Consider ways how the respective dimension of individual resilience has helped you in the past to deal with adverse events
3. Take notes of thoughts and ideas for each dimension of resilience
 - Where are current strengths, resources for you?
 - Where and how can you take action to strengthen the respective dimension?
4. Arrange for a conversation with co-workers and trusted colleagues to jointly reflect on resilience experiences and development actions

Work tool 2

Thinking questions **personal resources**

Thinking questions

- How can you use your (professional) expertise to address potential problems before they arise, and when they arise?
- What are some work activities or experiences that have helped you feel more self-confident in the past? How could you incorporate more of these into your life?
- Who are some role models in your career who have inspired you with their self-confidence and self-efficacy? How could you learn from their experiences and habits?
- Who are some people in your work life who are strong in social competencies? How could you learn from their experiences and habits?
- How happy are you with your current work-life balance? How do activities in your free time contribute to the way you deal with challenging events in the workplace?

Your notes

Work tool 3

Thinking questions **purpose, meaning, commitment**

Thinking questions

- What is the larger purpose or mission of my job, and how does it contribute to the greater good?
- What values and beliefs drive my work, and how do they help me stay motivated and focused?
- What are some ways I can continue to learn and grow, both personally and professionally, even when faced with adversity?

Your notes

Work tool 4

Thinking questions **positive emotions**

Thinking questions

- What are some things that have helped me feel more positive and resilient in the past?
- What are some activities or practices that bring me joy or a sense of accomplishment?
- What are some things I appreciate or am grateful for in my career and work life?
- How can I reframe negative thoughts or challenges in a more positive light?
- What are some small things I can do to take care of myself and my well-being on a daily basis?
- How can I practice self-compassion and be kind to myself when things are tough?
- What are some positive things I can do for others, and how might this help me feel better as well?

Your notes

Work tool 5

Thinking questions **social support and feedback**

Thinking questions

- Who are the key people in my workplace who can provide me with social support and feedback? How can I strengthen my relationships with these individuals?
- Are there any groups or organizations in my community that can provide social support and feedback? How can I get involved with these groups?
- How can I be more proactive in seeking out and asking for social support and feedback from others?
- How can I make sure that I am giving back and providing social support and feedback to others in my workplace as well?
- How can I build supportive relationships with my colleagues, and seek out help and guidance when I need it?

Your notes