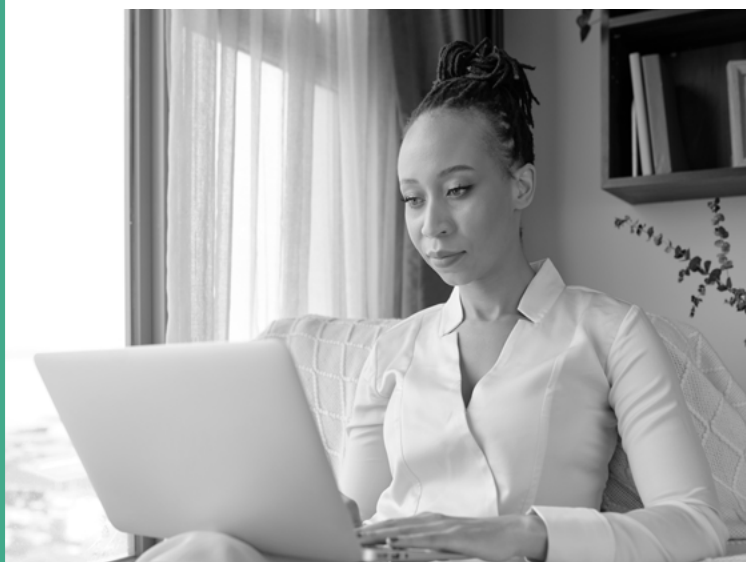
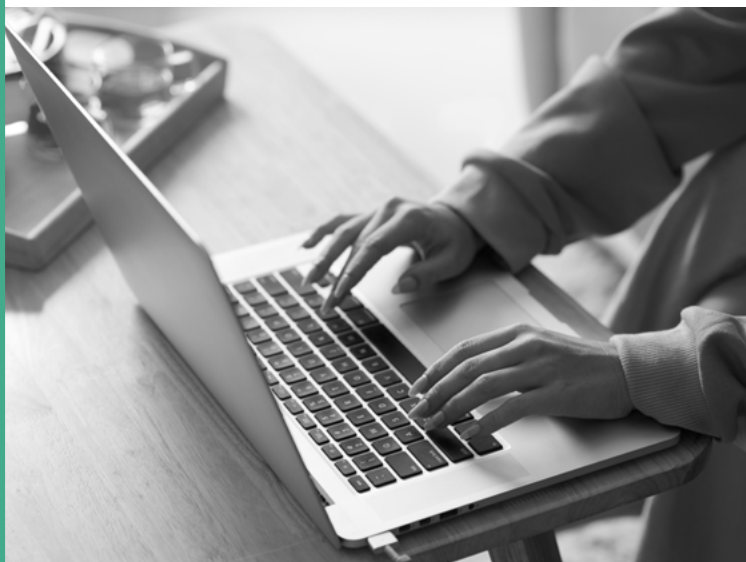




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Helping Adults Identify and Get on the Right Career Path

# Tip Sheet for Developing Resilience Skills



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## Tip Sheet for Developing Resilience Skills

<p><b>Did you Know? Start by introducing a fact about the CM Skills in Question</b></p>	<p><b>Did you Know?</b></p> <p>"Resilience isn't a single skill. It's a variety of skills and coping mechanisms. To bounce back from bumps in the road as well as failures, you should focus on emphasizing the positive." Jean Chatzky</p>
<p><b>Tip #1 for developing the CMS:</b></p>	<p><b>Example:</b></p> <p><b>Tip #1 for developing Resilience for Employment:</b></p> <p><b>Keeping Mentally Fit:</b></p> <p>Although being physically fit is an important component of being resilient; it is equally, if not even more so, important to develop your mental fitness. The mind is a powerful tool used to develop resilience. Keeping your mental fitness up through reading and even brain exercises helps to sharpen the mind.</p>
<p><b>Tip #2 for developing the CMS:</b></p>	<p><b>Example:</b></p> <p><b>Tip #2 for developing Resilience for Employment:</b></p> <p><b>Setting Realistic Goals:</b></p> <p>We all have big dreams about where we want to be in our careers. However, we tend to have unrealistic expectations on how we are going to achieve these and can often be left with feelings of failure, disappointment and underachievement.. Creating short-term goals that are realistic and achievable will make you feel like you are getting closer and closer to your long-term goals!</p>
<p><b>Tip #3 for developing the CMS:</b></p>	<p><b>Example:</b></p> <p><b>Tip #3 for developing Resilience for Employment:</b></p> <p><b>Personal Support:</b></p> <p>Having a strong support system in place to help you get through difficult and stressful times can really help you to develop your resilience. Your professional life can get stressful at certain points and daily tasks may seem more difficult. Having people to talk to about your thoughts and feelings is a great asset to build your resilience. Remember, it is okay to ask for help!</p>
<p><b>Links to Additional Resources/ Videos:</b></p>	<p>"Career Resilience" [Blog] <a href="https://www.eventusrecruitmentgroup.com/blog/career-resilience/career-resilience/">https://www.eventusrecruitmentgroup.com/blog/career-resilience/career-resilience/</a> [Eventus]</p>

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Project Number: 2021-1-HR01-KA220-ADU-000026101