

# fast▶▶track

Helping Adults Identify and Get on the Right Career Path

RESILIENCE



# RESILIENCE

Module about Career management skills #5



01

---

### Introduction

What is Resilience?

02

---

### Theory

Theoretical information  
about Resilience

03

---

### Practice

Tools and instruments  
about Resilience

04

---

### Conclusion

Conclusion what  
Resilience is about



# 1. INTRODUCTION | RESILIENCE

Resilience is the ability to recover from stress and adversity. When something bad or sad happens, you can feel pretty bad. That is normal. In fact, feeling and accepting your emotions is the beginning of a resilient response. Over time, you bounce from that stress or sadness, little by little, back to your normal self. Or maybe even to your better self. In a sense, resilience and

difficulties, adversity or stress are inextricably linked.

A person's resilience only becomes visible when he or she is confronted with stress or setbacks. Moreover, you can only become more resilient by learning to deal with stress and setbacks. To cope with those setbacks, first of all, some skills are needed. Many skills or competencies that are important to strengthen our mental well-being also contribute to more resilience.



## 2. THEORY | RESILIENCE

**PROCESS 1**  
Physical / Mental health



**PROCESS 2**  
Problem Solving Skills



**PROCESS 4**  
Talent development



**PROCESS 3**  
Positive self image and optimism



## The RESILIENCE process...

Psychologists define resilience as the ability to cope well with (personal) crises and to recover from them relatively quickly. We are all born with this skill to a greater or lesser extent, researchers suspect, but we can also learn it and become better at it.

But how to learn how to become more resilient in your personal, as well as work life, it is smart to learn or cultivate certain qualities. The underlying steps in the process are described in more detail in the appendix.

Source: <https://www.psychologiemagazine.nl/artikel/in-5-stappen-naar-veerkracht/>



## Resilience theoretical resources?

1	2	3
<a href="#">Article</a>	<a href="#">Podcasts</a>	<a href="#">Case study</a>



# Games about Resilience?

## TRIPLE EDGE (1) WORK IT OUT

This game is all about problem-solving which is part of the resilience capacity. Not a day goes by without solving a problem or having to tackle an issue. In order to be able to do so, one needs to think analytically and creatively, use some grit to achieve success and of course be effective in finding the right solution!

Can you show your problem-solving skills in this game? Download it now for iOS or Android.

## TRIPLE EDGE (2) DODO

This game is about flexibility which is part of the resilience capacity as well. Flexibility is about remaining effective and calm in challenging situations. It is about being eager to learn, to commit oneself and the will to serve a bigger whole. Therefore, it comes in handy to be open-minded and tolerant.

Can you help Dodo? Download it now for iOS or Android.

## GAMES FOR CHANGE

### Try it here!

A fun game oriented lesson about resilience, where all kinds of elements are processed (information, TED talks video etc) into a lesson about this.

Take a look for more information!





# More inspiration for practical activities needed?

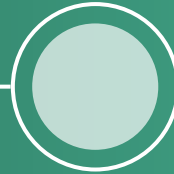
Start :)



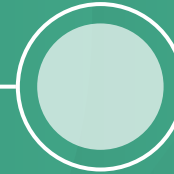
[positivepsychology.com](https://www.positivepsychology.com)



[mentalhealthschools.org](https://www.mentalhealthschools.org)



[sportanddev.org](https://www.sportanddev.org)



[rdasia.com](https://www.rdasia.com)

End :)



# 04. Conclusions

Resilience is your ability to recover from difficulties, setbacks, changes and stress. You are able to remain positive, future-oriented and strong in difficult times, in other words: 'spring back'. Being resilient is a valuable quality, because it helps you to be proactive in changing circumstances and to successfully keep control of your work and career.

That is not to say that resilient people never experience feelings of despair or disappointment. They have these feelings just as well, but they know that these feelings are part of a (processing) process and are temporary. They regain their vitality and can deal with the emotions. So they remain positive, strong and future-oriented.



**Just keep in mind...**  
**“Failure is an important  
part of your growth and  
developing resilience”**

**By Michelle Obama**



# fast▶track

Helping Adults Identify and Get on the Right Career Path

