

Resilience Improvements Identification Exercise

- 1) Rate each Resilience Capability Factor for your **current personal** and **current Team resilience** on a scale of 1-10, where 1 is least resilient and 10 is most resilient.
- 2) Identify **one** ability you have that will have a positive effect on your personal and your Team's resilience.

Rate your ROBUSTNESS: *(Strength and ability to absorb impact and prevent cascading failures.)*

Personal: _____

Team/Organization: _____

Take-Away

How can you proactively identify weak points in your organization's operations and address them before they become major problems? _____

What daily habit or mindset shift could strengthen your ability to handle unexpected challenges?

Rate your REDUNDANCY: *(Multiple means to achieve the same goal or maintain critical functions.)*

Personal: _____

Team/Organization: _____

Take-Away

What can you do to develop alternative workflows for key tasks in case the primary method fails?

In your life where do you rely on a single approach or resource that can be improved by a backup plan?

Rate your RESOURCEFULNESS: *(Adapting quickly to challenges and finding solutions.)*

Personal: _____

Team/Organization: _____

Take-Away

Identify one strategy you can use to improve collaboration across departments so your organization can adapt more effectively to challenges? _____

How can you improve your ability to think creatively and use available resources in stressful situations?

Rate your RESPONSE Capability: *(Acting quickly and effectively to maintain operations during a crisis.)*

Personal: _____

Team/Organization: _____

Take-Away

How can you contribute to making your team's response to emergencies or unexpected disruptions more efficient or effective? _____

What communication skills or habits can you develop to respond effectively in stressful situations?

Rate your RECOVERY Capability: *(Bouncing back to full functionality and helping others after setbacks.)*

Personal: _____

Team/Organization: _____

Take-Away

What can you do to maintain morale and motivation within your team during a difficult recovery phase?

Who do you turn to when facing difficult/stressful situations, and how can you strengthen that network?
