



## Enhance resilience in your organisation



Working alone



Ready-to-use



Custom

**Resilience is an individual's capacity to adapt to pressure, setbacks, challenges and change, in order to achieve and sustain peak personal effectiveness.**

The Resilience Questionnaire™ focuses on the aspects of an individual's patterns of thinking, preferences and behaviours that affect their ability to respond positively to setbacks and challenges, and suggests ways their resilience can be developed.



## Why use The Resilience Questionnaire?

More resilient individuals have been shown to thrive during challenging times, demonstrate sustainable high performance and manage change more effectively. The Resilience Questionnaire enables individuals to gain insight into how they are resilient, how they can enhance their resilience further and how they can use these skills at work.

### The Resilience Questionnaire in action

The questionnaire generates reports for the individual and the organisation, so it can be used either to help develop or assess an individual's resilience. It is completed online and only takes 10 - 15 minutes to complete. The questionnaire measures the eight core components of resilience:



Self belief



Ingenuity



Optimism



Challenge orientation



Purposeful direction



Emotion regulation



Adaptability



Support seeking

Contact us to arrange a demo

[talentteam@psionline.com](mailto:talentteam@psionline.com)

+44 (0)1483 752 900

The feedback report provides a summary of an individual's results in relation to the core components of resilience together with options on how they can develop each one. Their responses are also compared to one of a range of available norm groups, allowing leaders, managers, employees or other specific industry groups to understand how their levels of resilience compares to others.

The Resilience Questionnaire can be integrated into a range of talent management activities including:

- Coaching
- Self-development workshops
- Blended learning
- Team development
- Development centres
- Assessment centres
- Assessment of high potentials
- Telephone interviews
- Development of high potentials
- Redeployment, restructure and downsizing
- Graduate development and on-boarding
- Organisational change
- Management and leadership development
- Graduate recruitment
- Apprentice recruitment
- Management and leadership assessment.

## Supporting ongoing development

The Resilience Questionnaire can be supported by resilience coaching, The Resilience Workbook™ and The Resilience Workshop™, to give participants further understanding of their resilience profile so that they can develop their ability to deal with challenges, setbacks and change at work. Find out more on our website: [psionline.com/training](https://psionline.com/training).

## Additional features

- Administrators can set up Resilience Questionnaire projects and invite participants to complete the questionnaire
- We can provide a managed service on your behalf and provide you with reports according to the deadlines you set
- The system and feedback reports can be customised to reflect your organisation's branding.



The **Resilience** Questionnaire™  
from PSI Talent Measurement

+44 (0)1483 752 900 [talentteam@psionline.com](mailto:talentteam@psionline.com)  
[psionline.com/resilience](https://psionline.com/resilience)