Resiliency

1. The ability to experience set-backs or temporary failures without becoming discouraged or disillusioned

2. The ability to maintain optimism, hope, & self-motivation in the face of adversity

Resiliency Is
The Primary Protective Factor
Related To Preventing Staff Burnout
1. High Self-Esteem

- **Self-Confidence:** A generalized sense of confidence in the ability to succeed at life and master specific life skills
- **Success Experiences:** Mastering & successfully using specific life skills to achieve goals
- **Self-Worth:** A generalized sense of worthiness to enjoy success & its benefits
Characteristics Of Resilient People

2. Strong Primary Intimate Relationship

- A strong personal relationship with a spouse, intimate partner, close personal friend, or family member
- Who provides a consistent & nurturing environment
- And provides positive regard that is separate and distinct from skills, successes, & failures
Characteristics of Resilient People

3. Access To Resources

- **Internal Resources**: Such as good physical health, self-esteem, a sense of humor
- **External Resources**: A supportive social network that includes family, school, and community; access to opportunity & adequate financial resources
Characteristics Of Resilient People

4. Social Skills
   • Good communication and negotiating skills
   • The ability to make good decisions
   • The ability to recognize your limitations
Characteristics Of Resilient People

5. Problem-solving & Thinking Skills:
   The ability to …
   • Identify & clarify problems;
   • Identify alternative solutions & project logical consequences;
   • Make decisions, take action, & evaluate outcomes.
6. **Hope & Optimism**

- The firmly held belief that odds and adversity can be overcome with perseverance, hard work and integrity.
- The ability to maintain and firmly hold to a desired vision in spite of failure or temporary setbacks.
Characteristics Of Resilient People

7. Surviving Adversity

- Surviving previous stressful experiences
- Staying present, in the now so as not to be at effect of your past or your history. In other words, living in the now
- The firmly held belief that your past experiences (old mental model (Peter Sienge) do not need to be repeated in your future experience's
Core Beliefs About Self That Promote Resiliency

I Am Capable!
- I bring with me my experience which is a valuable contribution to the workplace and I am willing to share and learn more.

I Am Significant!
- I can contribute in meaningful ways and I am genuinely needed!

I Can Influence What Happens To Me!
- I have personal Power and will use it to grow professionally and personally for the betterment of humanity.
1. I have the skills I need to be authentic in the way I manage myself, deal with others, manage situations, & use good judgment in all aspects of my life.
2. Interpersonal Skills

• The Ability To Develop Collaborative Work, Social, And Intimate Relationships While Remaining Authentic to my Core Values, Vision, and Mission in Life

• The Ability to Work With Others Without Losing Myself in Them or Expecting Them to Lose Themselves in Me
Critical Life Skills
That Promote Resiliency

3. Systemic Skills
   • The Ability To Respond To The Limits And Responsibilities Of Day To Day Life With Adaptability, Flexibility, And Integrity
4. Judgmental Skills

- The Ability To Evaluate Situations In Accordance With Appropriate Values
- The Ability To Predict Logical Consequences Of Behavior
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Springfield College, School of Human Services
225 West Busch Blvd.
Tampa, Florida 33612
(800)724-2700
rdavila@spfldcol.edu

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