

Resilience Assessment

There are no right or wrong answers on this assessment, there is no score. Answer each question by either agreeing or disagreeing with the statement. Each statement that you disagree with represents an opportunity to add new skills and build strength enabling you to become a more resilient professional. You can also use this assessment for your entire team to pinpoint areas of growth to help teams become more resilient.

- ▶ I have a positive image of myself, and have professional accomplishments that I give me a sense of pride.

Agree Disagree

- ▶ I understand my professional strengths and opportunities.

Agree Disagree

- ▶ I feel a sense of purpose and find meaning in my work.

Agree Disagree

- ▶ I work with persistence to achieve professional goals despite difficulties.

Agree Disagree

- ▶ I believe in my ability to overcome challenges on my professional journey.

Agree Disagree

- ▶ I understand what aspects of my work life are in my control, and I can plan realistically, adjusting, if necessary, to move toward professional goals.

Agree Disagree

- ▶ I can improvise when difficulties arise, and make alternative plans to move forward.

Agree Disagree

- ▶ I can work positively with team members to move work forward even under difficult circumstances.

Agree Disagree

- ▶ I do not let failure overcome my ability to keep moving in a positive direction.

Agree Disagree

- ▶ I manage strong emotional feelings and psychological reactions with composure.

Agree Disagree

CONTACT US

 Call 800-292-8964

 Email info@uwcped.org

 Visit uwcped.org