**Review the two lists below, and circle each item as:**

**Green - mostly true Amber – sometimes true Red – rarely true**

|  |  |  |  |
| --- | --- | --- | --- |
| **Personal Resilience** | **Your Rating** | **Career Resilience** | **Your rating** |
| I am in good health and take care of myself | **Green Amber Red** | I am aware of the vision and key objectives in my organisation | **Green Amber Red** |
| I sleep soundly every night | **Green Amber Red** | I am aware of the key external factors affecting my organisation and business sector | **Green Amber Red** |
| I rarely feel stressed and out of control | **Green Amber Red** | I take care to develop knowledge and skills which can transfer to many situations | **Green Amber Red** |
| I am able to complete my work within agreed timeframes | **Green Amber Red** | I actively pursue opportunities to learn new ways of doing things | **Green Amber Red** |
| I rarely worry about my workload | **Green Amber Red** | I am aware of how proposed changes may impact my role in the future, and confident that I can adapt | **Green Amber Red** |
| My colleagues regard me as reliable, consistent and dependable | **Green Amber Red** | I am confident that I can adapt to proposed changes in my organisation | **Green Amber Red** |
| I feel able to speak to my boss and colleagues when I am concerned about work issues | **Green Amber Red** | I am seen as a strong team player | **Green Amber Red** |
| I am rarely irritable | **Green Amber Red** | I am regarded as an effective communicator | **Green Amber Red** |
| I do not take work issues home with me | **Green Amber Red** | I am seen as someone who is adaptable to change | **Green Amber Red** |
| I have an active home/social life | **Green Amber Red** | I am self-confident | **Green Amber Red** |
| I am rarely upset by the changes happening around me | **Green Amber Red** | I am seen as someone who is willing to take risks | **Green Amber Red** |
| When I feel pressured, I know how to deal with it | **Green Amber Red** | I have a strong personal commitment to personal excellence | **Green Amber Red** |
| I often enjoy myself at work | **Green Amber Red** | I am aware of what others think of me, and adapt my behaviour to meet their needs | **Green Amber Red** |

* Mostly **green** means you are resilient
* Mostly **amber** indicates where you have work to do
* Mostly **red** indicates that your resilience may not be strongly developed.

With thanks to B L Brown for some of her characteristics of career resilience - <http://www.vtaide.com/png/ERIC/Career-Resilience.htm>.