

The Personal Resilience Profile

Resilience /rə'zilyəns/ is the ability to deal with *high levels of challenge* while displaying *high levels of effectiveness and well-being*.



Resilience Can Be Developed

Research and observation suggest that resilient people display a set of characteristics we think of as “change muscles.”

Positivity ● **Confidence** ● **Priorities** ● **Creativity** ● **Connection** ● **Structure** ● **Experimenting**

Each of these characteristics can be developed through awareness and consistent practice to develop new mental and behavioral habits.

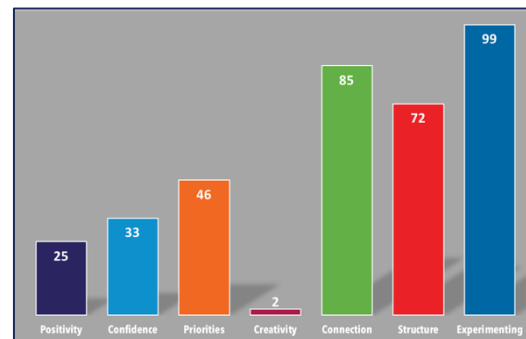
The Personal Resilience Profile

The *Personal Resilience Profile* (PRP) helps individuals better understand their own responses to change. They can see which of the resilience characteristics are easiest for them to use when responding to change and identify opportunities for personal development.

Based on results from a 75-item online questionnaire, we provide percentile scores based on a database of over 100,000 individuals.

The accompanying report describes each of the characteristics and provides guidance on interpreting the profile.

The questionnaire and report are available in 13 languages including English, Spanish, German, and French.



The PRP is designed to be used by certified facilitators in one-on-one, small-group, and classroom settings.

Benefits

When people are more resilient:

- They know how to use their adaptation resources more effectively.
- They use their energy to solve problems and create solutions.
- They adapt more quickly, and unproductive behavior decreases.