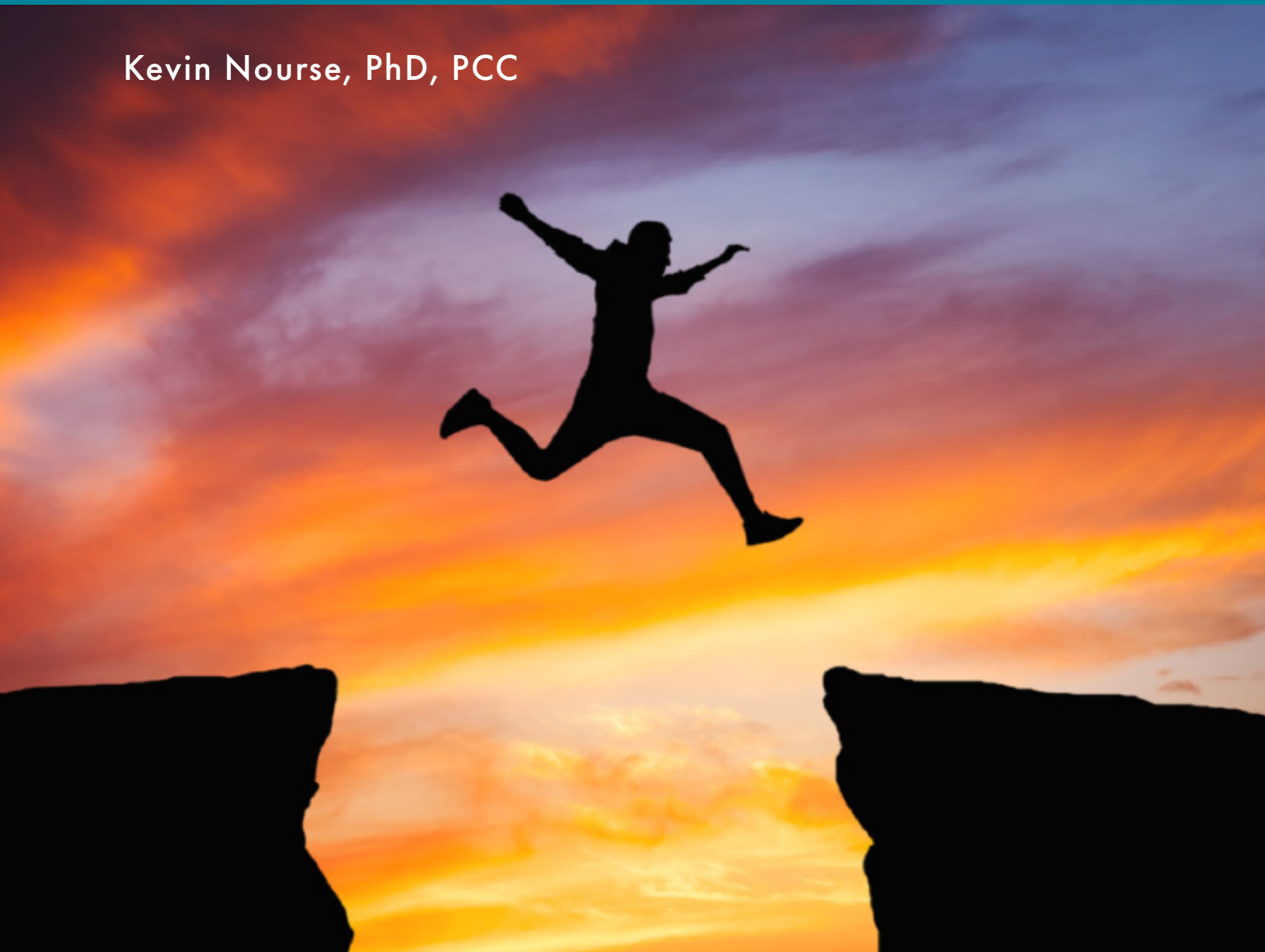


# Resiliency Self-Assessment

*Self-assessment tool for assessing your  
resiliency strengths and weaknesses*

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# Introduction

This assessment will help you identify your strengths and weaknesses associated with your resiliency resources and provide insights on where to focus your development efforts.

For each statement below indicate the extent to which you agree using the following scale.

0 Strongly disagree
1 Disagree
2 Agree
3 Strongly agree

To what extent do you agree to the following statements:	1 SO	2 PU	3 ST	4 SC	5 SA	6 CO
I am clear about opportunities for personal or professional development and take regular action to grow						
I am clear about my core values and act upon them daily						
My support network contains people at varying levels of depth or closeness (e.g., acquaintances, allies, advocates, mentors)						
I frame professional challenges and setbacks as growth opportunities						
My professional role regularly draws upon my strengths						
I regularly assess my physical, emotional, and spiritual well being						
I can identify my professional strengths and weaknesses						
I can succinctly communicate a vision and mission or purpose for my career						
My network contains contacts from multiple domains (e.g., personal, my organization, my profession, my industry)						
I am able to reframe tough situations to find the silver lining or aspects I can control						
I invest time and energy to developing my strengths						
I often feel physically alert and energized						
I am aware of my emotional triggers and have strategies to consciously manage them						
My career goals are aligned with my vision, mission/purpose, and core values						
I regularly maintain my support network by engaging my contacts and looking out for their needs						
I am able to quickly work through my emotional reactions to challenges and use a problem-centered approach to coping with challenges						
I regularly tap the strengths of others to augment my professional weaknesses						
I take regular action to enhance my physical, emotional, and spiritual well being						
Total the numbers in each column						

# Interpreting Your Results

The columns above represent each of the six resiliency strategies. Transfer your scores to the table below and compare each with the guidelines below. Place a check mark in the *needs work* column for any resiliency resource you are interested in improving.

Column	Resiliency Resource	Your Score	Needs Work?
1	Support Networks		
2	Purpose		
3	Self-Awareness		
4	Self-Care		
5	Strengths		
6	Coping Skills		

## RESILIENCY ELEMENT SCORE INTERPRETATION GUIDELINES

Your Score	Meaning
8–9	<b>GOLD</b> You are functioning well with this resiliency element.
6–7	<b>SILVER</b> While you may be investing some time in building or sustaining this resiliency element, it could be strengthened.
Less than 7	<b>BRONZE</b> This resiliency element could be a significant vulnerability for you and may limit your about to bounce back from a future setback. Invest time now to strengthen this resource!