

LEARNER WORKBOOK

Unit 17 – Building Skills of Resilience
and Persistence



RSAS Training Strategy Project 2018



Activity 1: What are your favourite sayings about resilience and persistence?

Instructions

In groups of 3 or 4 develop a poster of your favourite quotes or sayings about persistence and resilience.

When you are finished, put them up so you can see them throughout the day.

Time required: 10 minutes

**WHEN THE GOING
GETS TOUGH, THE
TOUGH GET GOING.**



Activity 2: Who are your role models of persistence and resilience? Share their stories.

Instructions:

- This activity can be undertaken by a class group or smaller groups of 2 or 3 participants.
- Make sure you explain why you have chosen this person as a role model for resilience.
- Remember they don't have to be famous like Archie Roach. They can be someone in your family or your community that you admire.

Time required: 10 minutes



Activity 3: How resilient am I? Understanding my strengths

This activity can be completed alone, with your mentor or trainer, or in pairs, depending on how comfortable you feel about it. The trainer may like to read out the questions.

Instructions:

- Find a quiet space and complete the quiz.
- Circle three things where you are strong
- Consider how this makes you feel.

Time required: 10minutes

RESILIENCE QUESTIONNAIRE

This quiz was adapted from the quiz devised by Al Siebert PhD. You can do the original test online to get a score and feedback, or you can reflect on the answers yourself and work out where you are strong and where you see you may need more development.

Rate yourself from 1 to 5 on the following: (1 = very little, 5 = very strong)

1	2	3	4	5	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	In a crisis or confusing situation, I am calm and focus on taking useful actions.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I'm usually optimistic. I see difficulties as temporary and expect to overcome them.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I can cope with high levels of ambiguity and uncertainty about situations.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I adapt quickly to new developments. I'm good at bouncing back from difficulties.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I'm playful. I find the humour in rough situations, and can laugh at myself.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I'm able to recover emotionally from losses and setbacks. I have friends I can talk with. I can express my feelings to others and ask for help. Feelings of anger, loss and discouragement don't last long.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I feel self-confident, appreciate myself and have a healthy concept of who I am.

<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I'm curious. I ask questions. I want to know how things work. I like to try new ways of doing things.
<input checked="" type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/>	I learn valuable lessons from my experiences and from the experiences of others.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I'm good at solving problems. I can use analytical logic, be creative, or use practical common sense.
<input checked="" type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/>	I'm good at making things work well. I'm often asked to lead groups and projects.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I'm very flexible. I feel comfortable with having many sides to my personality. I don't feel I have to be perfect.
<input checked="" type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/>	I'm always myself, but I've noticed that I'm different in different situations.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I prefer to work without a written job description. I'm more effective when I'm free to do what I think is best in each situation.
<input checked="" type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/>	I "read" people well and trust my intuition.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I'm a good listener. I have good empathy skills.
<input checked="" type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/>	I'm non-judgmental about others and adapt to people's different personality styles.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I'm very durable. I hold up well during tough times. I have an independent spirit underneath my cooperative way of working with others.
<input checked="" type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/>	I've been made stronger and better by difficult experiences.
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	I've converted misfortune into good luck and found benefits in bad experiences.

Source: <http://resiliencyquiz.com/index.shtml>



Activity 4: Share your strengths and the story of how you built them

Instructions:

Form a yarnning circle and tell your story going around the circle.

It is good to laugh at ourselves, so try adding some humour to your story. See the example below.

How I built my self-confidence

I used to think I was really bad at Maths. I hardly learnt any Maths at school because the teacher used to yell and every time she did that my brain would freeze. So you know how I felt when I was told I'd have to do a Maths test for a job. But it wasn't regular Maths and it seemed OK. When the tests came back, there were scores from 1 to 5 and I got a 1. That was great! After that I felt much more confident and didn't worry about Maths any more. For years I thought I was a Maths genius and I helped kids with their homework and volunteered to be treasurer at the church. I kept the test in my drawer because I was proud of it.

All good, until I showed my test to one of my friends. She began to laugh and I asked her why.

It turns out I'd read the scores wrong. The lowest score was one and five was the highest, and I thought it was the other way around. I laughed too. And I learnt two things. The first one was that being confident is all about thinking you can do it – and if you think you can, you will. And the other thing is that if you can laugh at yourself, you're OK.

Time required: 15 minutes





Activity 5: My Action Plan

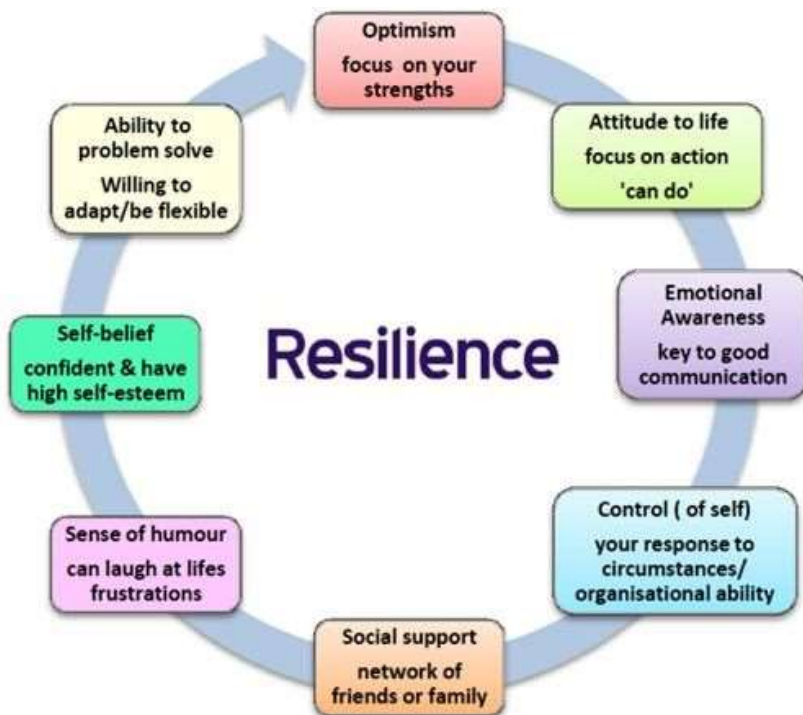
Instructions:

Thinking about all the things discussed today, choose two areas you might like to work on to strengthen your resilience.

Using the building resilience model, or the PERMA model - or choosing some things from both models - make a plan for what you intend to do to strengthen or maintain your resilience.

Time required: 15 minutes

1. Building resilience model



2. PERMA model

Positive Emotion:

Practice being optimistic. If you have a bad thought, think of something positive. Every morning and evening, think of 3 good things that have happened that you are grateful for. For example, you may be grateful for a lovely sunny day. You may be

grateful that you have finished a big job. You may feel hopeful that one of your kids are doing well at school.

Positive Engagement:

Make sure you do something you love every day. If you love to sing, then sing. If you enjoy a sport, then try to play that sport as often as possible. Think of Josh Muir who found strength in his art, and Archie Roach who overcame his challenges with the help of his music.

Positive Relationships:

Work on building strong relationships with friends, family and community. If you have had a disagreement, heal it today.

Positive Meaning:

Believing in something outside ourselves is important. This might be a charity, a cause or religion. Whatever gives your life meaning, take some time every day to that cause. Think of Lowitja O'Donoghue who is still working hard for her community at the age of 83.

Positive Accomplishment:

Everyone needs to win sometimes. Sometimes winning may be something small, like getting a kid who has been sick to smile and laugh. Or it might be getting the house clean and tidy before leaving home. Or finally getting one of your own kids to do their homework without complaining. Make a mental note of every accomplishment – and SMILE.

Action Plan

Goal (what do we want to achieve?)	Strategy (How we will do it?)	Measure of Success (How will we know it worked?)	Responsible (Who is going to do it?)	Timeframe (when will we do it?)



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