

BUILD HARDY, MORE RESILIENT LEADERS & TEAMS



Leaders who cultivate characteristics of hardiness within their organizations have teams that are better able to adapt to stress and adversity, less likely to suffer from burnout and are more resilient to change.

The Hardiness Resilience Gauge (HRG) measures cognitive, emotional and behavioral characteristics within individuals and teams. Increased hardiness is also positively correlated to the amount of effort people put in at work, their level of job satisfaction and their commitment to the organization.



Challenge



Control



Commitment

Grounded in extensive research, the HRG focuses on the three C's – Challenge, Control, and Commitment.

The three C's of Hardiness represent that those high in hardiness believe they have control over the events they experience, see the world as meaningful and interesting and view challenges as growth opportunities.

Use the HRG to increase hardiness in both leaders and team members, to build stronger, more resilient teams.



To learn more about Hardiness and how it can help individuals and organizations visit mhs.com/hrg