



Management Consultancy

Partnering to Create Value

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Resilience Self-Assessment Calculator

Instructions:

Rate yourself on a scale of 1 to 5 for each statement, where 1 signifies "Strongly Disagree" and 5 signifies "Strongly Agree."

Section 1: Emotional Regulation

I can effectively manage my emotions during stressful situations.

I am able to maintain composure when faced with unexpected challenges.

I do not let negative emotions impair my decision-making.

I practice self-care techniques to manage stress.

Subtotal:_____ /20

Section 2: Problem-Solving and Adaptability

I can quickly adapt to new or changing circumstances.

I view challenges as opportunities for growth.

I actively seek alternative solutions when faced with obstacles.

I am comfortable with ambiguity and uncertainty.

Subtotal:_____ /20

Section 3: Social Support and Networking

- I have a strong support network that I can rely on.
- I am comfortable asking for help when needed.
- I offer support to my team and colleagues.
- I actively work on maintaining and building relationships.

Subtotal:_____ /20

Section 4: Self-Belief and Optimism

- I believe in my ability to overcome difficulties.
- I maintain a positive outlook even in challenging situations.
- I remind myself of my accomplishments to boost confidence.
- I set achievable goals and celebrate when I reach them.

Subtotal:_____ /20

Total Score: _____ /80

Scoring Interpretation

- 64-80: **Highly Resilient** – You have strong resilience skills. Consider mentoring others.
- 48-63: **Resilient** – You are generally resilient but may have specific areas to improve.
- 32-47: **Moderately Resilient** – There are several areas where you could improve your resilience.
- Below 32: **Low Resilience** – A targeted development plan focusing on building resilience is essential

After the self-assessment, it would be advisable to:

- Review your results, paying attention to low-scoring areas.
- Create a targeted development plan, maybe incorporating resilience-building exercises or strategies into your regular routine.
- Seek guidance and support, possibly from a mentor or through professional development programs focused on building resilience.
- Utilise some of the 10 strategies in the article "The Rested Leader - Unlocking Clarity, Creativity and Courage"

Interpreting the Results

High-Scoring Areas: Your highest scores indicate your resilience strengths. Consider how you can apply these strengths in your leadership role more effectively.

Low-Scoring Areas: These are areas where you can focus your development efforts. They point to specific aspects of resilience that require attention.

Holistic View: Your total score provides a general sense of your resilience capabilities. Individual section scores can help identify areas of concern even if your overall score is high.

Implementing a Resilience Development Plan

Objective Setting: Based on low-scoring areas, set SMART objectives that focus specifically on building resilience.

Resource Allocation: Resources might include resilience training programs, workshops on emotional intelligence, stress management courses, or even physical wellness programs.

Action Steps: Break down each objective into specific, actionable tasks. Assign deadlines and measure your progress against them.

Peer or Mentor Support: Seek feedback and advice from trusted colleagues or mentors who excel in areas where you seek improvement.

Monitoring and Adjustments: Regularly monitor your progress and adjust your development plan as necessary. Celebrate small wins to maintain motivation.

Review and Iterate: After a set period, conduct another self-assessment to measure your progress. Update your development plan accordingly.

Integrating into a Broader Leadership Development Program

Coaching and Mentoring: Odyssey Alliance offers focused coaching and mentoring, building your resilience. These can be incorporated into your resilience development plan. Visit our **website** to see options available to you or visit **Calendly** to book your required option.

Accountability and Tracking: Use a tracking system to log your development activities related to resilience. This could be part of a broader leadership development tracking system. By systematically assessing, planning, and executing your resilience development activities, you not only strengthen your capabilities but also model resilient behaviour for your team.