Relationships

Leisure activities

Work environment

Identity

I am a:

-
-
-
-
-
-

I am motivated by...

ME

In the future I want to …..

When I am stressed I….

When facing uncertainty I...

I practice self care by…..

Work practices and processes

Lydia Bleasdale (l.k.bleasdale@leeds.ac.uk) and Sarah Humphreys (s.e.humphreys@leeds.ac.uk), University of Leeds School of Law

Resilience is an umbrella term encompassing the networks, support, skills, reflective practices, characteristics, and experiences individuals could draw upon to navigate challenges in their lives or particular aspects of their lives. Most people will experience challenge – and their resilience will depend not only upon matters personal to them (for example, their prior experience of such challenges, or particular characteristics and skills which they might have), but also upon broader external factors, such as work and home relationships, the environment in which they work, how change in that environment is managed and any support mechanisms in place.

My resilience is affected by…	I want to be in the situation where…	I personally can put the following in place….	I can make use of these external resources…..

Lydia Bleasdale (l.k.bleasdale@leeds.ac.uk) and Sarah Humphreys (s.e.humphreys@leeds.ac.uk), University of Leeds School of Law