

Exercise 2

Being Resilient



Process:

Reflection and sharing in pairs or groups



20 minutes

Learning outcome

At the end of this exercise participants should be able to:

- ✓ reflect on and identify their own expression of resilience, in terms of thoughts, feelings, actions and personal qualities.

Materials



- Copies of Exercise 2 Worksheet: Being resilient (or flipchart and marker pens)

Facilitating the exercise

- 1 Give participants copies of the **Exercise 2 Worksheet: Being resilient** or write the questions from the worksheet onto a flipchart.



- 2 Introduce the exercise as follows:

“Reflect on your own for a few minutes. Think of a difficult situation, at work or somewhere else, that you dealt with successfully. Alternatively, think of a time when you ‘bounced back’:

- 1 What were your thoughts?
- 2 What were your feelings?
- 3 What did you do?
- 4 What strengths and qualities did you draw on?”

Allow 5 minutes for this.



- 3 Invite participants to share their responses with a partner, or in groups of three.

Allow 15 minutes for this.