

Resilience Capabilities

<https://www.roffeypark.com/resilience-capability-index/>

- Are you able to positively reframe negative experiences and find opportunity in adversity?
- Are you able to accept what you cannot change, and focus your efforts on those things you can?
- Are you solution-driven or do you tend to get stuck in the problem?
- Are you able to face fully negative information whilst not dwelling on it?

