

Your Resilience Profile

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Overall Score

Your Resilience Profile - Your overall score is based on 4 key factors and their supporting elements.



Your overall resilience is high. You have the mindset and the skillset required to quickly adapt to change. Spend time reflecting on what has helped you be successful in building your resilience in the past, and proactively look for ways to share those best practices with team members. Where there is an opportunity to continue to improve, focus on those specific behaviors to continually optimize your resilience. During significant or highly disruptive change, continue to monitor your resilience. Even the most skilled person can struggle if change is particularly significant, and it's important to act early if you fall behind.

Resilience Factor Scores

Mindset - A set of assumptions or point of view that can influence your actions.



Your demonstration of this resilience factor is high. Continue to practice the behaviors associated with this resilience factor. Look for ways to help others by sharing your best practices.

Ability - A factor that impacts a person's overall performance.



Your demonstration of this resilience factor is high. Continue to practice the behaviors associated with this resilience factor. Look for ways to help others by sharing your best practices.

Resourcefulness - Refers to a person's ability to find creative ways to deal with challenging or changing situations.



Your demonstration of this resilience factor is high. Continue to practice the behaviors associated with this resilience factor. Look for ways to help others by sharing your best practices.

Action-orientation - The tendency to take action and be proactive.

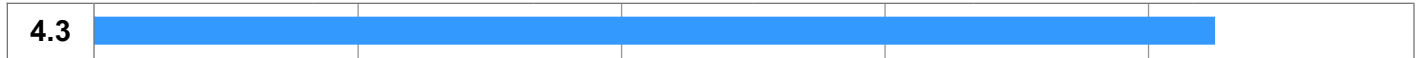


Your demonstration of this resilience factor is high. Continue to practice the behaviors associated with this resilience factor. Look for ways to help others by sharing your best practices.

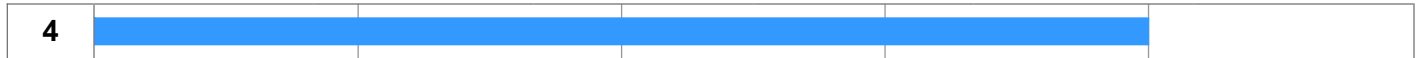
Element Scores

Mindset

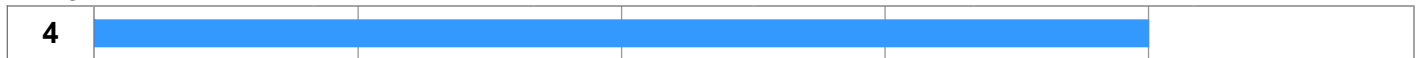
Optimism - You possess a natural tendency to expect good outcomes and see things in a positive way.



Attitude - You choose to view and behave toward things with openness, flexibility, and/or a sense of humor.

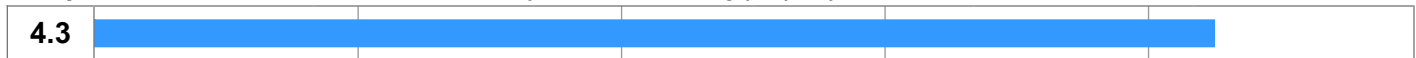


Awareness - You notice yourself and the workplace with regard to behaviors, thoughts, emotions, traits, skills, strengths, and weaknesses.

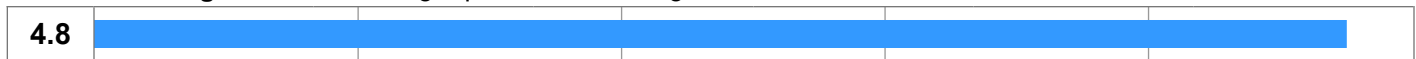


Ability

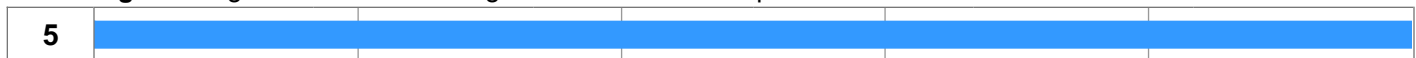
Competence - You have the skills and ability to do something properly.



Problem-solving - You think through questions, challenges, or situations to find a solution.

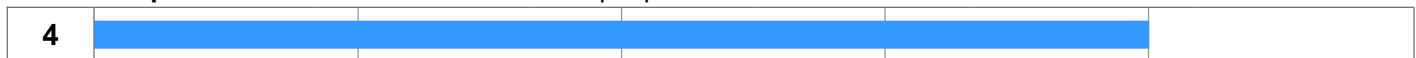


Knowledge - You gain information through education and/or experience.

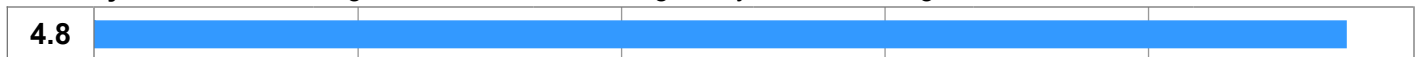


Resourcefulness

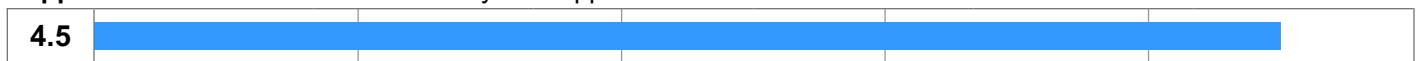
Relationships - You make efforts to connect with people.



Curiosity - You have a strong desire to learn something, and you are able to gather facts.

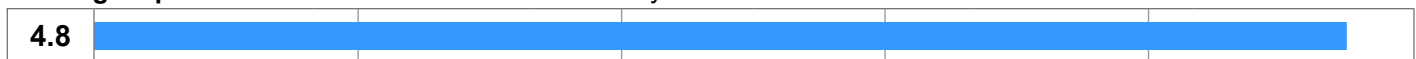


Support - You understand or can identify the support available.

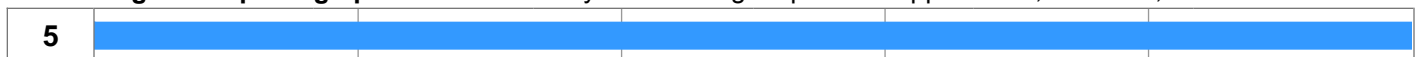


Action-orientation

Seeking help - You ask for assistance when necessary.



Generating and exploring options - You identify and investigate possible approaches, solutions, or outcomes.



Taking steps to resolve problems or reach goals - You begin a course of action to achieve a goal.

