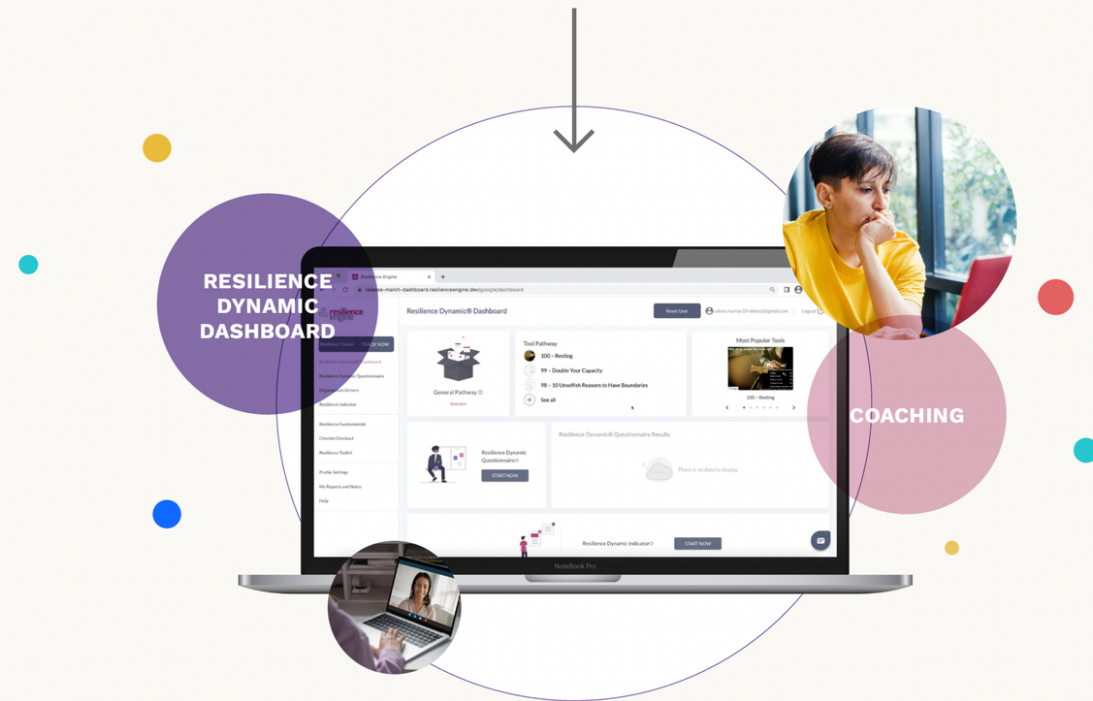


Dashboard Solo

For Personal Resilience



Dashboard Solo offers leaders and managers a way to gain insight into your resilience drivers.

The Dashboard Solo solution allows you to evaluate your resilience using the Resilience Dynamic® Questionnaire. Then in a debrief with a Resilience Dynamic accredited coach, you understand the implications of your resilience drivers and how you might start to make shifts for the better. The Resilience Dynamic® Questionnaire gives insight into your dynamic resilience range, plus your Secure, Neutral and Watch areas that highlight your opportunities for change.

What is Resilience?



Resilience is your capacity for change

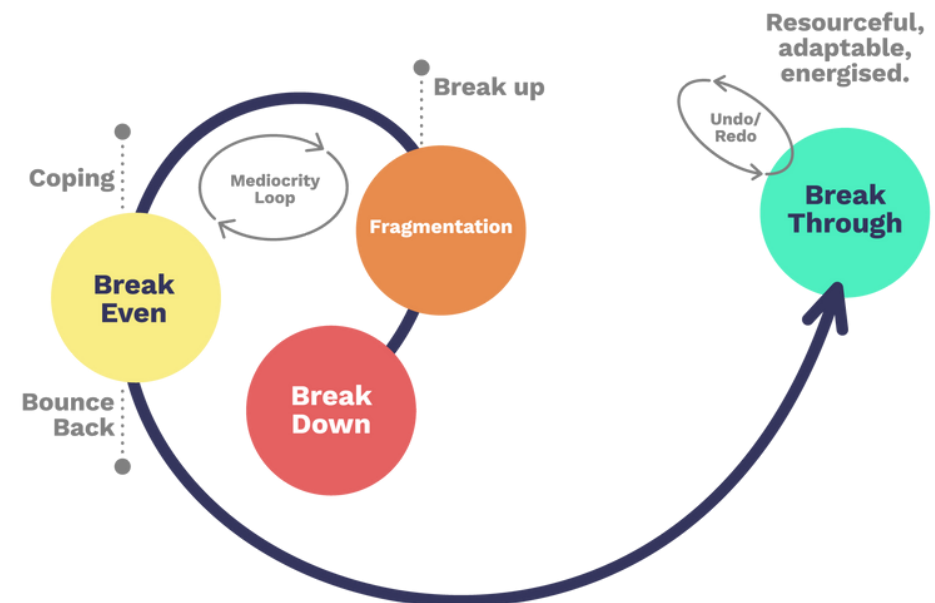
Workforce resilience is key to reducing stress, adapting to change, boosting your business, and re-energising your whole team. The Resilience Dynamic offers a window into this.

We help organisations embed resilience skills in a straightforward and suitable way. Our approach builds on over 15 years of research and experience in the field.

The Resilience Dynamic® Model

The Resilience Dynamic® model is the result of over 15 years of research. It explains what resilience is - and goes beyond the standard definitions encompassing Coping and Bouncing Back. These are part of resilience, but not all of the parts.

The Resilience Dynamic® is used during the Dashboard Solo solution during the report and debrief stage. You will be placed on one of the nine possible resilience levels and given a resilience score based on the model. Your resilience coach will use this to help you to 'See, Understand and Optimise' your resilience.



SEE IT

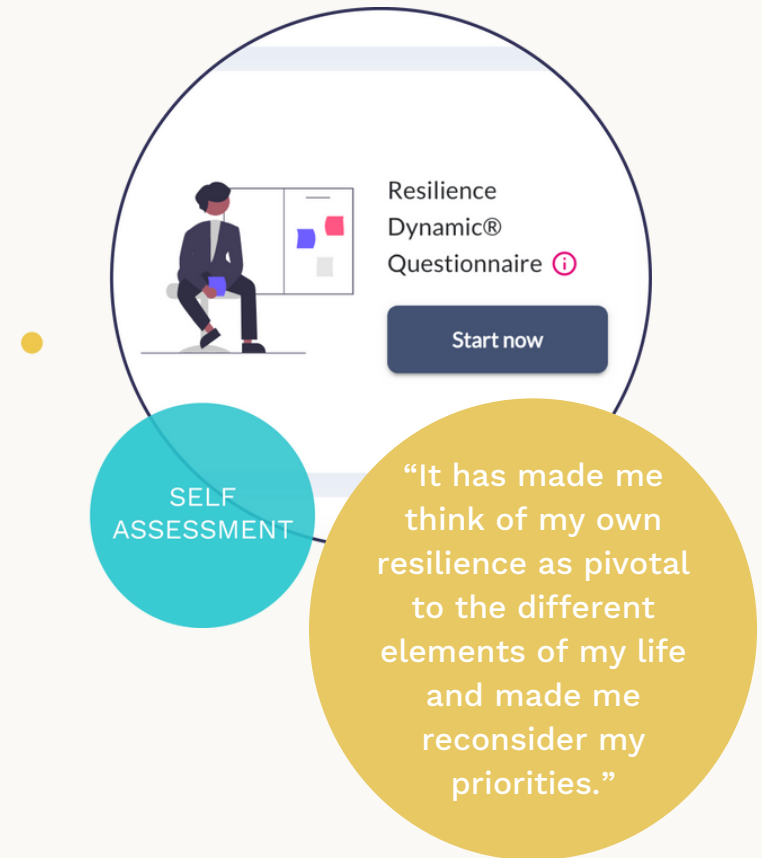


Become aware of your own resilience, the truth of your behaviours, and the impact.

Evaluate your resilience level using our Resilience Dynamic® Questionnaire

See the truth and become curious about your resilience using our research model. The questionnaire is based on the key drivers of resilience and how they vary according to the different contexts of your life.

You receive a personalised report which will give you your dynamic range of resilience and highlight your opportunities for change.



Once you have completed the Resilience Dynamic® Questionnaire, you will be able to see your results on the dashboard.

There is a section on the dashboard for your results and commentary where you can see your data in-depth.

UNDERSTAND IT

Gain an understanding of your own resilience patterns and triggers.



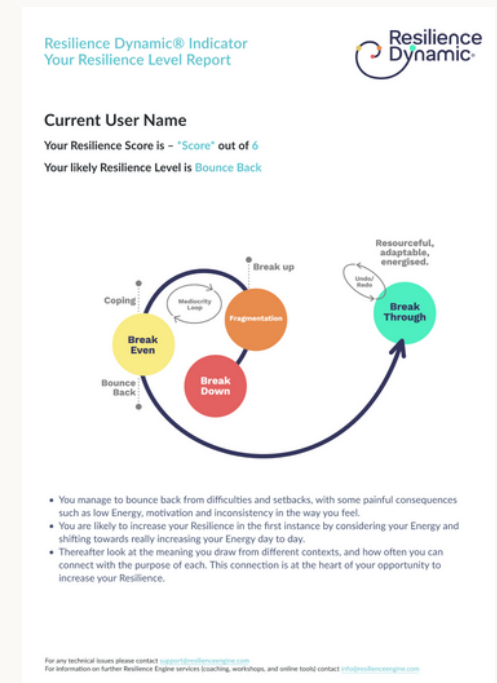
Work with an accredited resilience coach to understand your opportunities for change

Your resilience coach will explore your resilience level with you and help you to understand what this means concerning the Resilience Dynamic® research model. Following this, your coach will guide you through your 'Secure, Neutral and Watch' areas, clearly focusing on identifying easy changes you can make to boost your resilience.

The report is made up of 18 pages, taking you through:

- Your scoring from the Resilience Dynamic® Questionnaire
- Your highlights, including overall score & level and average high and low scores
- Your Secure, Neutral and Watch areas
- What resilience is
- What your resilience level means for you
- Quick and easy tools and practices that you can use to help boost your resilience

“It has certainly widened my knowledge and understanding about resilience and my own self-awareness especially in relation to purpose and goals.”



OPTIMISE IT

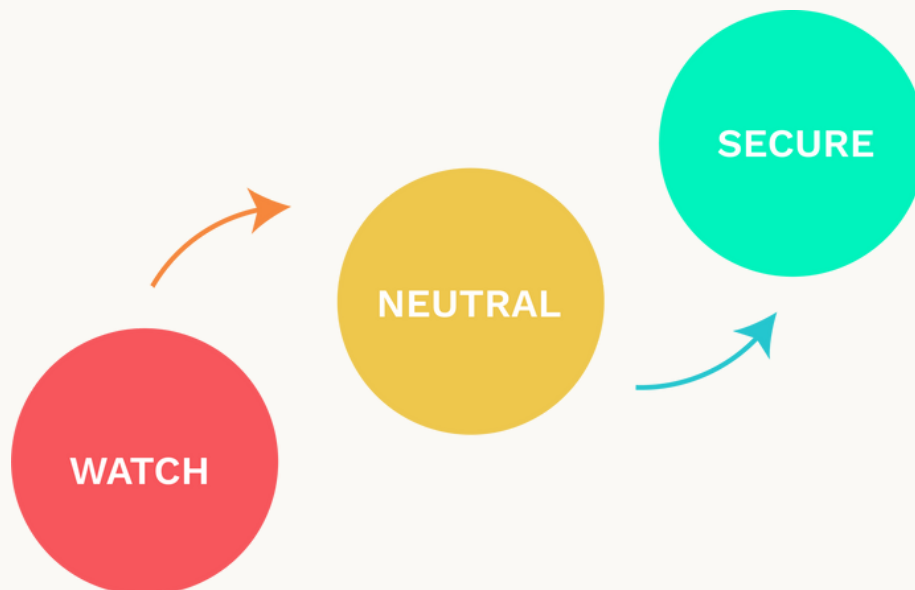
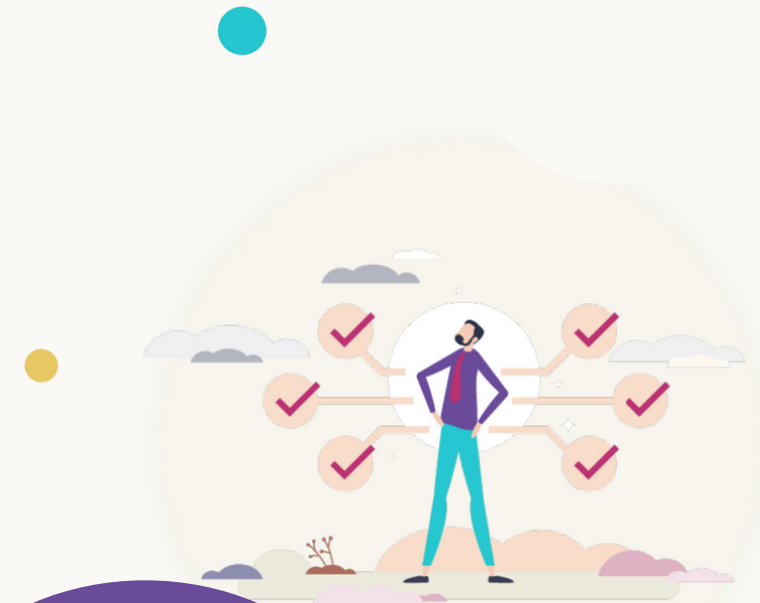


Invest in your resilience regularly,
and support others in resilience too.

Create the conditions needed to put resilience and wellbeing at the heart of your day-to-day

Now that you have been able to See your resilience level through the Resilience Dynamic® Questionnaire and Understand it through your report and debrief, it's time to Optimise it.

By discovering your resilience strengths and opportunities, you can start to make changes for the long term, creating resilience-supporting habits in your day-to-day. You will love the positive impacts that resilience can bring to your work and personal life.



"My resilience has positively changed as a result of this programme: Firstly, I now know what it means so I can measure it. I now ensure I recognize the essentials of resilience and ensure I acknowledge them and consider them when I plan my life."

Dashboard Solo Process

Interested in the Dashboard Solo solution? Here is the process:



Contact Us

Want to know more?

If you are interested in the Resilience Dynamic Dashboard for yourself, your team or your organisation, book a demo with us today to see how you can boost your resilience!

Get in touch with us via: info@resilienceengine.com

One of our team will be able to discuss your needs with you.

1.

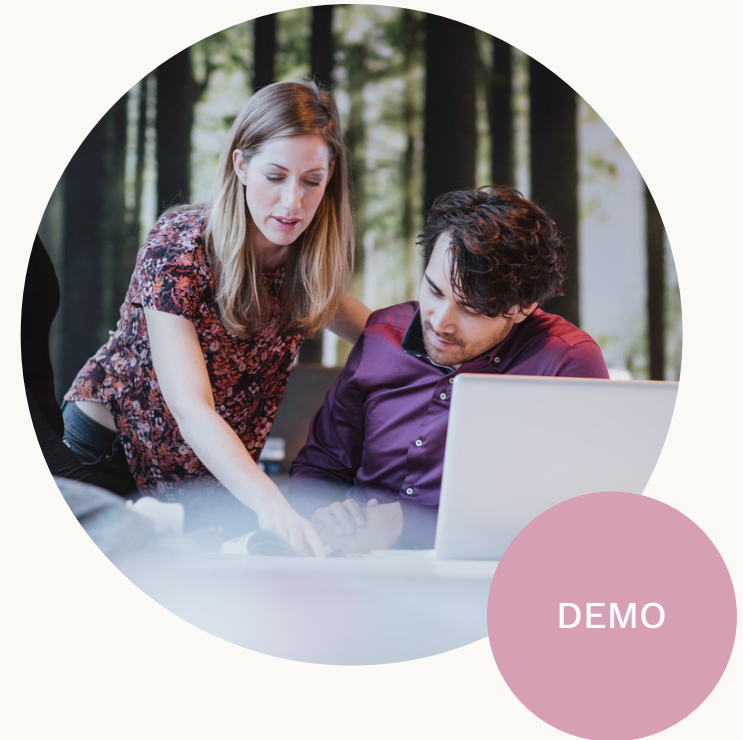
Get in
touch via
email

2.

Talk to us
about your
needs

3.

Use the
dashboard for
real



info@resilienceengine.com
resiliencedynamic.com