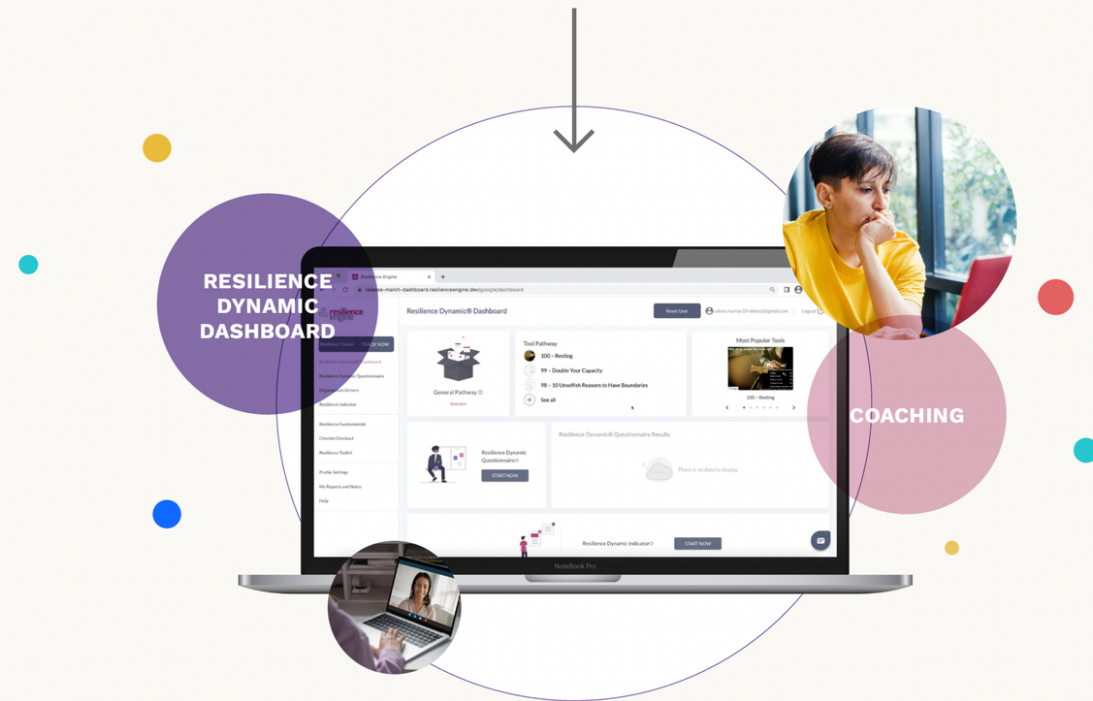


# Dashboard Team

## For Team Resilience



Dashboard Team offers a simple way for teams to See, Understand and Optimise their individual and team resilience.

The Dashboard Team solution for group resilience shifts the discussion from individuals to teams. In doing so, you aim not only to optimise each team member's resilience but also how you operate together.

Understanding where the team is on the Resilience Dynamic® will help you see what's behind your current levels of both performance and wellbeing, and your Secure/Neutral/Watch areas of resilience will clarify your opportunities.

# What is Resilience?



## Resilience is your capacity for change

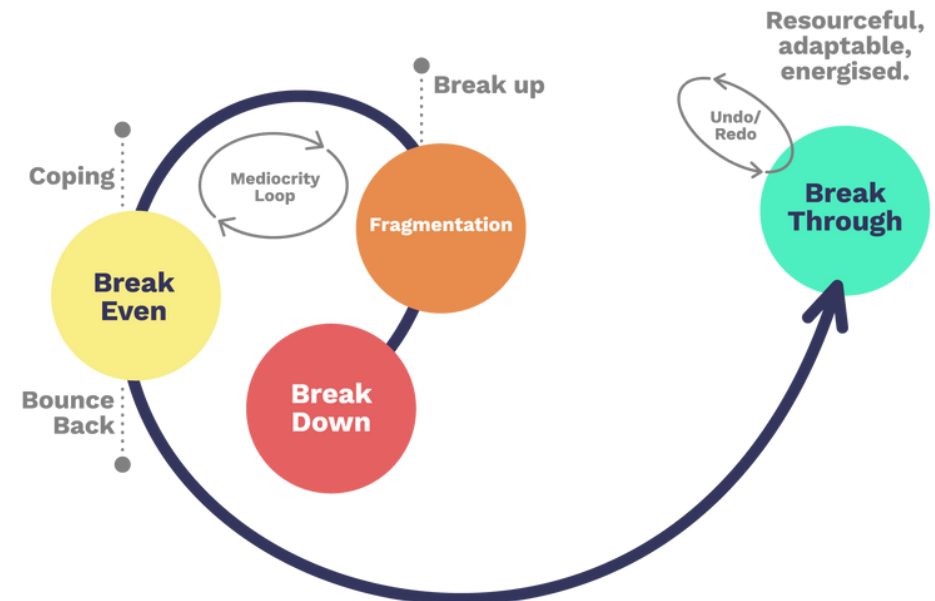
Workforce resilience is key to reducing stress, adapting to change, boosting your business, and re-energising your whole team. The Resilience Dynamic offers a window into this.

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 in the Dashboard Team solution through the self-assessment stage. You will be placed on one of the nine possible resilience levels and given a resilience score based on the model. If using the Resilience Dynamic® Questionnaire, your resilience coach will use the model in your debrief session to help you to 'See, Understand and Optimise' your resilience.



# SEE IT

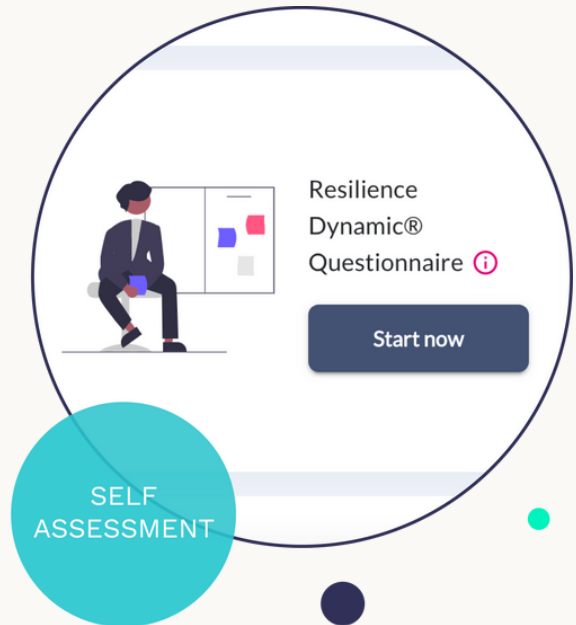


Become aware of your own resilience, the truth of your behaviours, and the impact.

## Evaluate your personal and collective group resilience levels using our Resilience Dynamic® Questionnaire or Indicator

See where your resilience is on an individual level by completing your self-assessment, the Resilience Dynamic® Questionnaire or Indicator, and placing yourself on the Resilience Dynamic® model.

Once each team member has completed their self-assessment, you can see your team's collective level, range and opportunities.



ENTRY POINT  
INTO  
RESILIENCE  
LEVELS

Resilience Dynamic Dashboard®

RETURN TO DASHBOARD

Resilience Dynamic® Indicator

Progress: 1/4

Section 1

For each statement, please move the sliders to select your range of response from highest to lowest score. If your highest and lowest scores are in fact the same, move both sliders to the same score. The variability indicates how often you move between these scores.

1. I stress out  
comprehend my self-  
care routine?

Very rarely/ Never Sometimes Often Very frequently

Variability: Low Medium High

2. My stressors stop  
and I'm feeling  
renewed?

Very rarely/ Never Sometimes Often Very frequently

Variability: Low Medium High

3. I accept when things  
are out of my control?

Very rarely/ Never Sometimes Often Very frequently

Variability: Low Medium High

4. I am able to  
embrace change?

Very rarely/ Never Sometimes Often Very frequently

Variability: Low Medium High

Resilience Dynamic Dashboard®

RETURN TO DASHBOARD

Resilience Dynamic® Questionnaire

Progress: 1/4

Instructions Section 1 Section 2 Section 3 Section 4

For each statement, please move the sliders to select your range scores are in fact the same, move both sliders to the same score.

Then enter the variance between these high and low scores. This is how often you experience movement between the scores.

1. I am energetic\*

Completely disagree Strongly disagree Disagree a bit Agree a bit Strongly agree Completely agree

Variability: Low Medium High

2. I am proud of who I am and what I do in all the contexts that matter to me \*

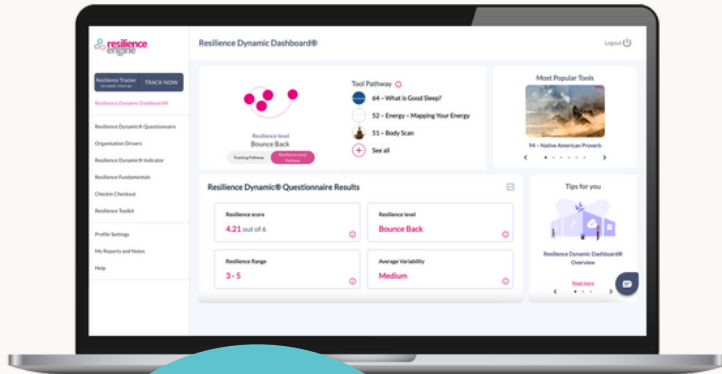
Completely disagree Strongly disagree Disagree a bit Agree a bit Strongly agree Completely agree

Variability: Low Medium High

3. I find it easy to live

# UNDERSTAND IT

Gain an understanding of your own resilience patterns and triggers.



## Understand your team's resilience level through Dashboard Team

The self-assessment will place you on the Resilience Dynamic® research model, and your report will explore what this means for you individually. Managers will be able to see the collective resilience level of their team through the management dashboard for team-level data. These key data insights will unlock understanding of your team's resilience drivers.

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

The self-assessment reports will cover:

- Your scoring
- Your highlights, including overall score & level, and average high and low scores
- Your Secure, Neutral and Watch areas
- What your resilience level means for you
- First steps and easy tools and practices that you can use to help boost your resilience





# OPTIMISE IT



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

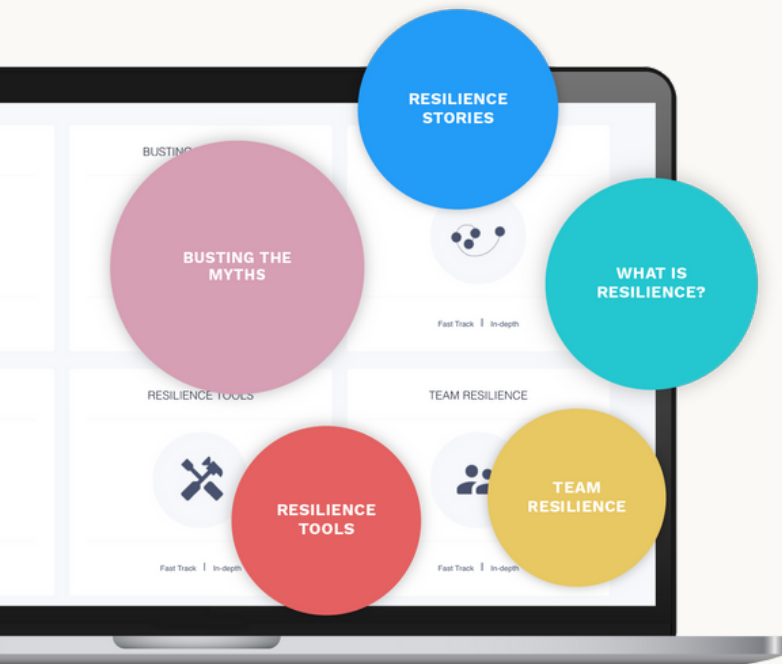
## Create an action plan to optimise your collective group resilience

Seeing and collectively Understanding your team's resilience is the bedrock for sustainable high performance. Optimisation comes when each team member is building resilience habits into their day, and you collectively build team resilience habits into the team's daily processes. With the help of the Resilience Toolkit and the e-learning Resilience Fundamentals, discover team tools for boosting resilience. Create your team resilience-building practices to release, then optimise your capacity.



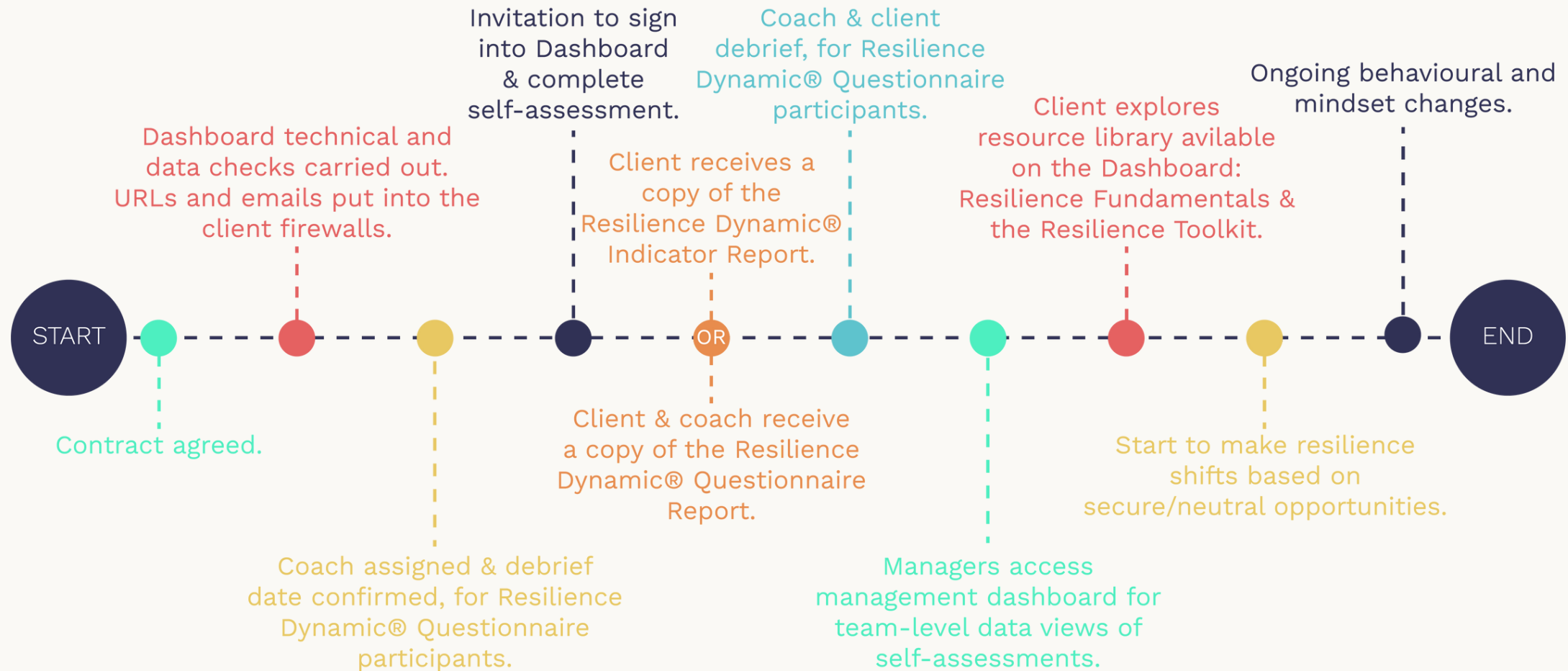
## Our resource library of resilience tools help you find the right solution to your resilience needs

The Resilience Fundamentals is our structured eLearning, enabling you to get a handle on all the basics of resilience in an easy way. Covering 9 packs with around 2 hours of structured learning unlocks your people's curiosity and knowledge of how to boost their resilience. Our on-demand Resilience Toolkit includes practical tools on all of the key concepts of resilience and the Resilience Dynamic® research. Search on key categories, including team tools, to unleash the workforce's resilience and wellbeing.



# Dashboard Team Process

Interested in the Dashboard Team 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 organisation, book in a demo with us today to see how you can boost your resilience!

Get in touch with us via [info@resilienceengine.com](mailto:info@resilienceengine.com) where one of our team will be able to discuss your needs with you.

1.

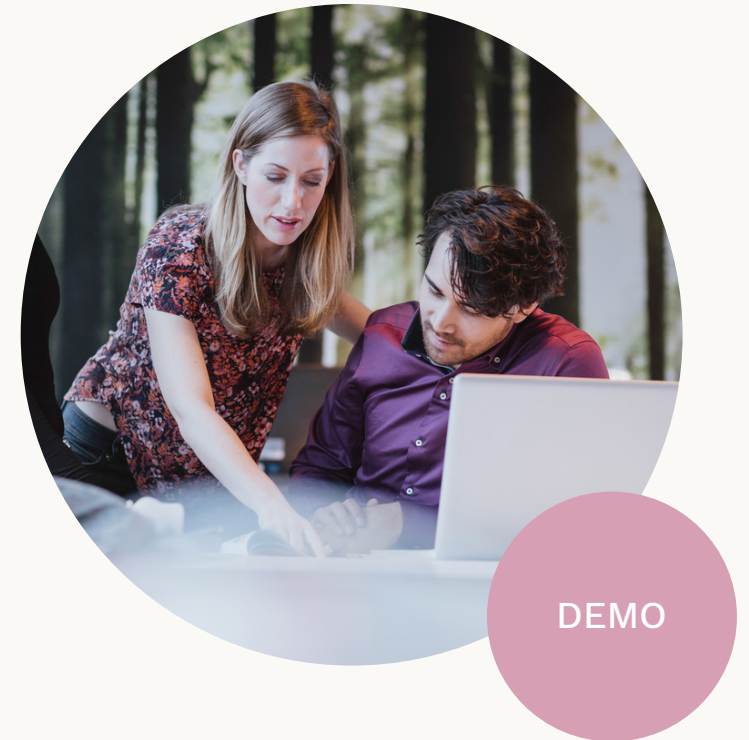
Get in  
touch via  
email

2.

Talk to us  
about your  
needs

3.

Use the  
dashboard for  
real



[info@resilienceengine.com](mailto:info@resilienceengine.com)  
[resiliencedynamic.com](https://resiliencedynamic.com)