

RESILIENCE CHECKLIST

HOW RESILIENT IS YOUR ORGANIZATION?

These are 6 things your organization needs to build a healthy foundation for Resilience. Resilience Factors support people, teams, and bottom-line functions when times get tough.

TRANSPARENCY

Total security is never a given, but transparency cultivates trust and encourages innovation & problem-solving.

RELATIONSHIPS

Resilient organizations nurture relationships and offer support for navigating both positive and challenging dynamics.

COPING STRATEGIES

When individuals and teams learn and use coping strategies, they enhance their work-life balance, minimize conflicts, and avert burnout.

EFFICACY

Acknowledging team contributions within the organization and community fosters empowerment. Small victories = greater success.

BELONGING

Belonging means having an equal stake in opportunities and success. When everyone feels valued, organizations thrive.

STORYTELLING

What's your organization's story? A heroic struggle? Scrappy go-getter? The wise elder? Your story inspires your team and your customers.

