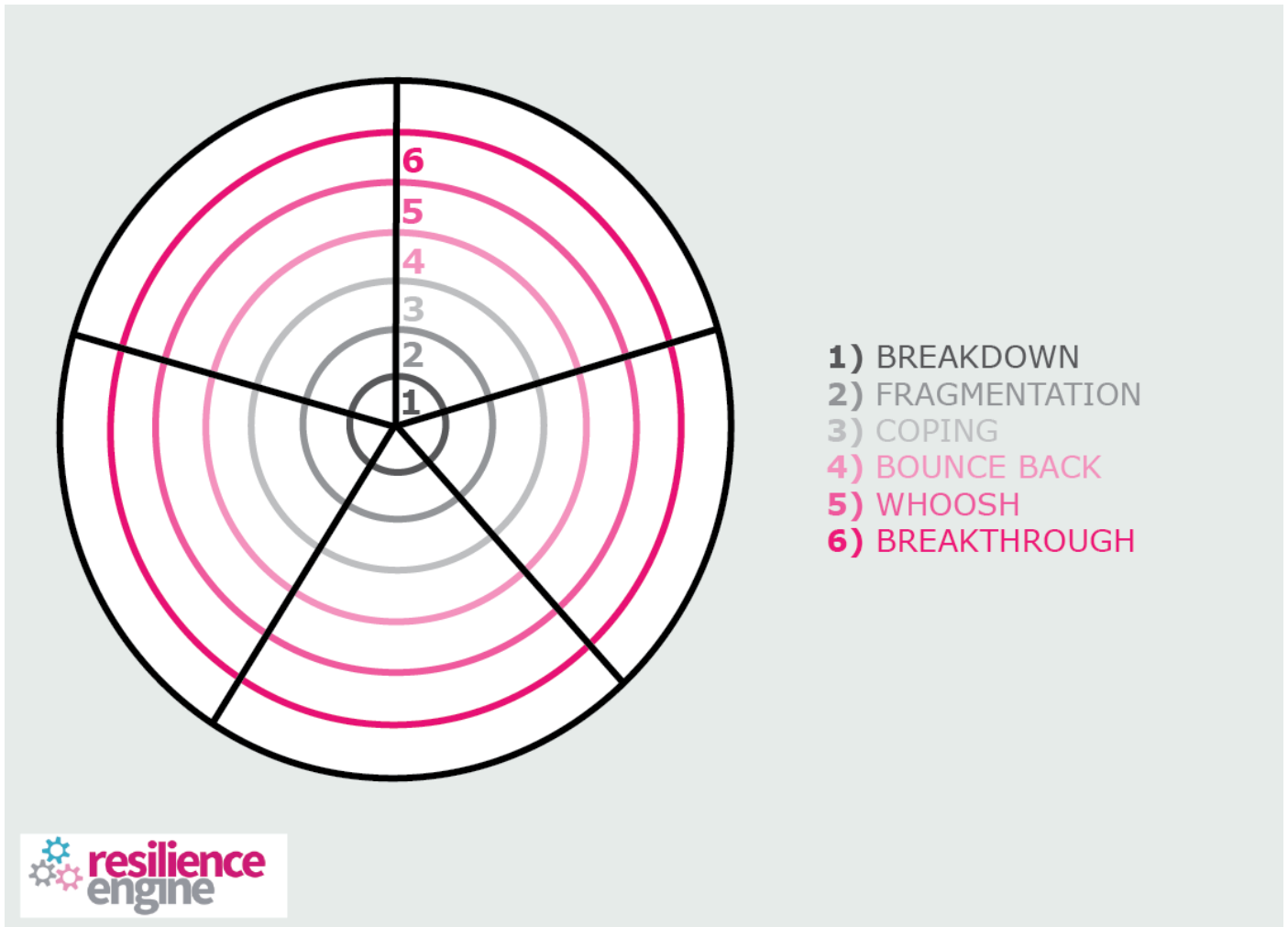


RESILIENCE RADAR:

1. In the outer circle write up to five different areas of your life, e.g. Family; Friends; Work- Team A; Work- Project C; Work- Senior Team.
2. Plot your current resilience levels on the inner circles



Notice:

- Where is your resilience highest and lowest?
- Where and what are you doing well?
- What are the common themes for resilience in the different aspects of your life?
- What are the differences?