

## TOOL DESCRIPTION

# Positive Resilience



### **The Positive Resilience tool provides inspiration and helps to deal with challenges.**

Scientific research suggests that inspiration serves as a distinct driver for achieving goals. It can motivate individuals to acquire the admired qualities of inspiring figures. Such experiences can encourage people to pursue their own visions.




This tool can be used to raise the participants' awareness of individuals who inspire them, thereby helping them to achieve their goals.

### **The objective of this exercise is to identify individuals who serve as sources of inspiration, enabling the participants to:**

1. become more motivated to pursue their goals.
2. foster a constructive shift in their perspectives when confronting or anticipating challenges during the process of attaining their goal(s).

<b>Duration</b> 15–20 min	<b>Participants</b> all team members, leaders, etc. (individual exercise)	<b>Facilitation</b> one set of worksheets for each participant
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# Positive Resilience | Process

<b>Framing and preparation</b> 5 min 	<b>Execution phase</b> 10 min 	<b>Handover to, e.g., project management</b> 
<p>Before starting the exercise, explain Positive Resilience and why it is important.</p> <p>Explain the method and how it can help to increase Positive Resilience.</p> <p>Hand out the worksheets to all the participants and encourage them to answer the questions for themselves.</p>	<p>Participants fill in the worksheets and answer the questions.</p>	<p>Encourage the participants to share their answers and respond to any questions that arise.</p> <p>Each participant should name a person they have thought of and briefly share their thoughts.</p> <p>Then, encourage participants to reflect on the mindsets together in a plenary session. The reflection questions can help with this.</p>

# Positive Resilience | Questions

## Inspiration and Dealing with Challenges

- Think of one or two people who inspire you.
- Think specifically about things that inspire you about this person(s). List at least five reasons for each person.
- Describe a goal that you are currently pursuing.
- When you try to achieve something, obstacles and challenges are guaranteed to get in your way. Describe a challenge that you are currently trying to overcome. Alternatively, you can describe a potential challenge that may arise during the pursuit of your goal.
- Now, think about how the person(s) you find inspiring would handle the situation and think about your challenge. Describe how they would respond and tackle the challenge.

## Reflection Questions

How can the views listed above alter your current mindset regarding the challenge you are facing?

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How do the other perspective(s) inspire you?

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What would the people who inspire you think or say about your mindset and approach regarding the future?

