



الشرق الأوسط
Middle East

Accreditation Programme

THE RESILIENCE QUESTIONNAIRE™

PSI Middle East

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Can Resilience be developed? **Absolutely!**

|| Of all the virtues we can learn, no trait is more useful, more essential for survival, and more likely to improve the quality of life than the ability to transform adversity into an enjoyable challenge. ||

Mihaly Csikszentmihalyi

Highly resilient employees are...



more
productive



more
engaged at
work



as likely to stay
at their current
organisation

In comparison to those with low resilience

How are organisations building resilience?



of HR Professionals have indicated that Resilience is either “extremely important” or “very important” for Leaders



of HR Professionals believe that assessing for resilience during recruitment is either “extremely important” or “very important” (based on the candidate experience research)



The PSI Resilience Questionnaire is now used globally across 93 countries



People have used the PSI Resilience Questionnaire

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Resilience is an individual's capacity to adapt positively to pressure, setbacks, challenges and change, in order to achieve and sustain peak personal effectiveness.

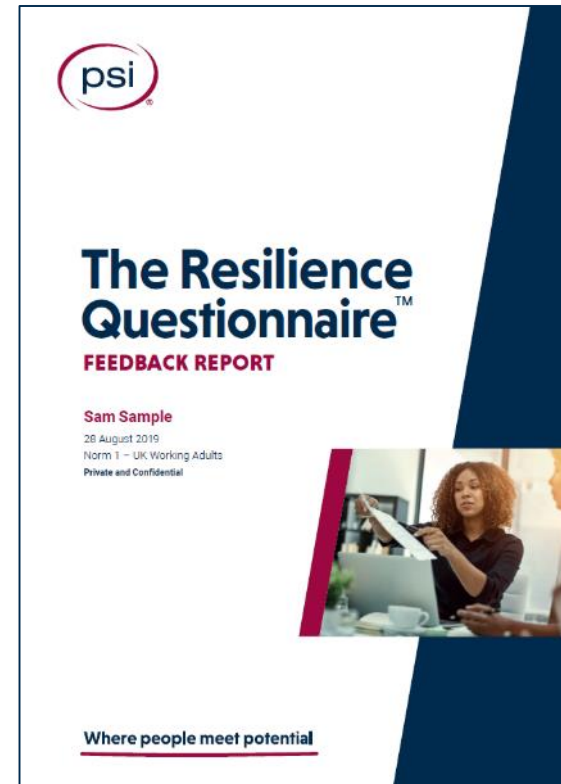
The Resilience Questionnaire™ focuses on the aspects of an individual's psychological resilience, patterns of thinking and behaviour that affect their ability to respond positively to setbacks and challenges. The tool can be integrated into a range of talent management activities including coaching, self-development workshops, blended learning, organisational change, development of high potentials, management and leadership development, redeployment, restructure and downsizing.

Research has shown that high levels of resilience (also known as mental toughness) can deliver valuable occupational outcomes for individuals, helping people to make speedy recoveries from problems, **reduce stress**, improve job performance, develop positive attitudes, and sustain high levels of well-being and happiness at work.



The Resilience Questionnaire™

- ✓ Tool used to measure resilience within an occupational context
- ✓ Designed primarily with a focus on development
- ✓ Can also be used for selection



Join us on 21st and 22nd July



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