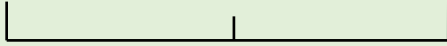
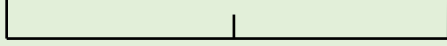
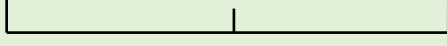
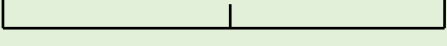
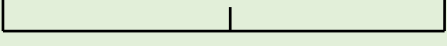
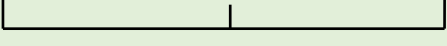
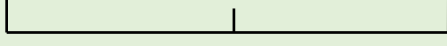


Team Resilience Worksheet - individual

ELEMENT	DEFINITION	SCORING (10 = agree completely, 0 = disagree completely)
ROBUST Solid intention with agility	We know and share our purpose , we have clear goals that align with this and are proactive when obstacles arise	0 10 
RESOURCEFUL Optimising resources and processes	We use our individual team member's strengths and resources to build a culture of continuous improvement	0 10 
PERSEVERANCE Persisting despite setbacks	We regroup when set-backs occur and generate solutions. Everyone contributes to the energy required	0 10 
SELF-CARE Ensuring sustainable performance	We each take personal accountability for our self-care. We support each other fully in a pre-agreed fashion	0 10 
CAPABILITY Delivering in a changing landscape	We seek regular feedback from each other (e.g. by mentoring or peer review)and build on what's working well	0 10 
CONNECTED Having a sense of belonging	We care about each other and each have a sense that we are valued as a person. We co-operate with and support one another	0 10 
ALIGNMENT Sharing motivation for success	We maintain good levels of energy and persevere towards our goals. We notice and acknowledge progress and celebrate success	0 10 

Team Resilience - group

- **Robust** – the team has a solid intention with agility
- **Resourceful** – the team optimises resources and processes
- **Perseverance** – the team persists despite setbacks
- **Self-care** – the team ensures sustainable performance
- **Capability** – the team delivers in a changing landscape
- **Connected** – all members of the team have a sense of belonging
- **Alignment** – the team shares motivation for success



STEP 1: Ask all team members to rate where they think the team is currently on each axis

STEP 2: Collate all results into an organisational spider diagram and review this with team

STEP 3: Agree with team a preferred rating on each axis

STEP 4: Develop a strategy with the team to enable movement from current to preferred state. What would need to change and ho