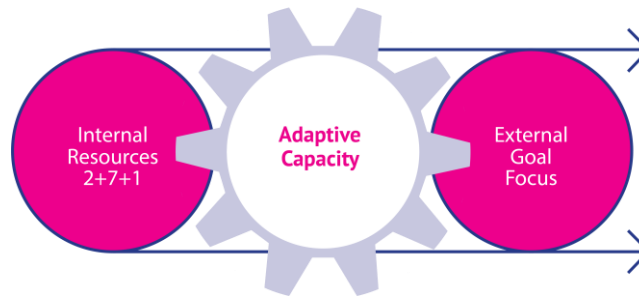


Recognising Resilience Engine® Symptoms

Here are some typical symptoms that you could notice when one of the cogs of your Resilience Engine® is in need of support to perform at its best. Which ones, if any of these, are you noticing? (you can do this either for yourself and/or for other individuals in your team)

The Resilience Engine



Lack of Internal Resources can manifest for example as:	Issues with Adaptive Capacity can show up as:	Lack of clear and meaningful External Goal/Purpose might give rise to:
<ul style="list-style-type: none"> <input type="checkbox"/> Lack of confidence <input type="checkbox"/> Feeling unsafe <input type="checkbox"/> Doubt in making decisions <input type="checkbox"/> Feel directionless <input type="checkbox"/> Not sure who you are and what you want <input type="checkbox"/> Can't get going <input type="checkbox"/> Often disappointed 	<ul style="list-style-type: none"> <input type="checkbox"/> Too busy <input type="checkbox"/> No energy to do the things that matter <input type="checkbox"/> No space for new stuff <input type="checkbox"/> Can't sift and use feedback <input type="checkbox"/> Fire fighting <input type="checkbox"/> No time for self <input type="checkbox"/> Too much time on one aspect of life 	<ul style="list-style-type: none"> <input type="checkbox"/> Not clear about or committed to direction of travel <input type="checkbox"/> Lack of meaning; tasks feel pointless <input type="checkbox"/> Loads of unconnected goals <input type="checkbox"/> Have to work really hard to stay on track