

# AWARENESS ACTIVITY 3: Assessing Resiliency Asset Practices



Discuss with your colleagues how Resiliency Asset Practices are used in your workplace setting.

**RELATIONSHIP ASSETS** involve practices that provide social support, that build and restore positive relationships, and that demonstrate acts of kindness and caring.

**PROFESSIONAL ASSETS** practices involve gaining the necessary training or knowledge, consulting with and asking knowledge questions from colleagues and feeling prepared to problem-solve new challenges.

**ATTITUDINAL ASSETS** involve practices that increase optimism and a positive disposition even in the face of difficult or challenging situations.

**EMOTIONAL INTELLIGENCE ASSETS** involve practices that enhance the ability to understand and manage emotions, and positively communicate with others.

**ADAPTATION ASSETS** involve practices that facilitate adjustment to changing situations through positive coping, healthy lifestyle and proactive planning.

Use the table below, or a flip chart, to record **areas of strength** related to Resiliency Asset Practices as well as potential **areas for development**.

MY WORKPLACE	STRENGTHS	AREAS FOR DEVELOPMENT
RELATIONSHIP ASSETS		
PROFESSIONAL ASSETS		
ATTITUDINAL ASSETS		
EMOTIONAL ASSETS		
ADAPTATION ASSETS		