

# DEVELOPING RESILIENCE

RESILIENT INDIVIDUALS ARE INVALUABLE TEAM MEMBERS. SO WHAT IS RESILIENCE AND HOW DO YOU COME BY THIS QUALITY? LOUISE TATHAM REPORTS

A capacity for handling uncertainty is a key skill. Everyone wants to be resilient, but how do you develop this quality?

How well you deal with being under pressure is what psychologists call 'resilience'. But it's not something you are necessarily born with; most people find they develop it through experience.

Resilience is about your ability to bounce back from adversity, spot opportunities, look to the future and evolve. A resilient person tends to find it easier to cope with change, deal with problems and work with people.

In business, resilience can help make your career a success, allowing you to take control of the direction you're heading in and add value, as well as bringing energy and positivity to all areas of your life.

The ACT Career Hub has several online resources to help you build your resilience, with topics such as:

- '6 tips to build resilience';
- 'Resilience as a key career skill'; and
- 'Emotional intelligence and the link to resilience'

In the article 'Resilience as a key career skill', we look at three key building blocks that can help you develop a resilient professional persona:

## 1. Positivity

Having a positive view of yourself and the world around you is the basis for developing resilience. Pay attention to the messages you send yourself throughout the day. If you find yourself making negative assumptions about yourself or anything around you, consciously switch to a positive thought.

## 2. Commitment

Get to know yourself and recognise what is important to you. Have a clear idea of your future aspirations and where you want to go in your career. You need to be willing to commit to your goals and invest in making them happen. Knowing what is important to you, and being committed to your goals, strengthens you in your core.

## 3. Control

Control means being aware of the situations or areas in your life you can influence, as well as recognising those that you can't. Being able to distinguish between the two will allow you to focus your energy on the things that are most important or achievable.

Visit the 'Developing resilience' section of the ACT Career Hub for further articles, videos and learning bites on building your resilience: [www.treasurers.org/careerhub](http://www.treasurers.org/careerhub)

The ACT Career Hub is a member-only resource. If you are not a member, you can access it by signing up as an eAffiliate member at: [www.treasurers.org/eaffiliate](http://www.treasurers.org/eaffiliate)

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