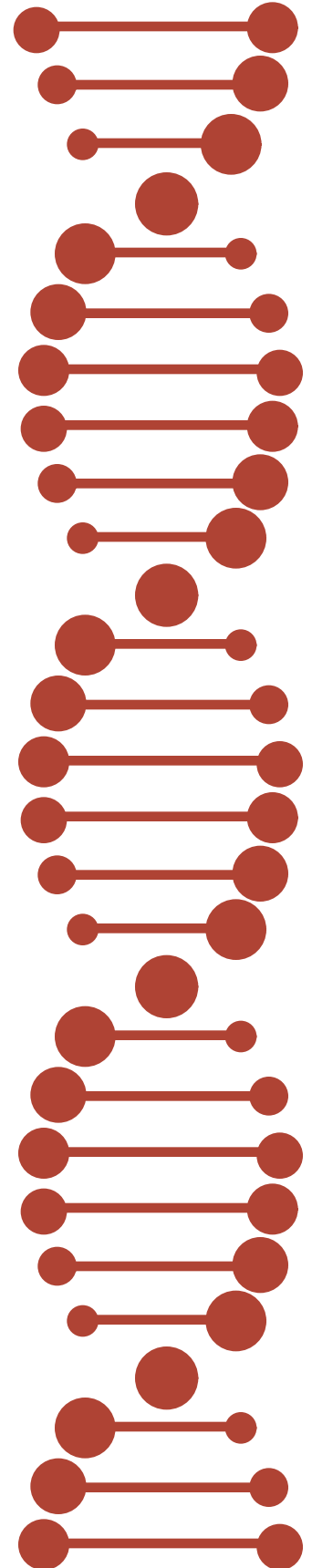




**ADAPTIVE MINDSET®**  
FOR RESILIENCY



# Adaptive Mindset for Resiliency®

## SELF-PERCEPTION PROFILE

**Prepared for:**

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**By:**

Sample Organization

**Session:**

Improving Interpersonal Effectiveness

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## OVERVIEW

This report presents results of your Resiliency questionnaire. It contains an overview of the Resilient Mindset Model™ followed by your results in each of the three model dimensions. Keep the following in mind as you go through the report:

This report shows how you compare to others in the working population. If you scored in the top third, this is considered a strong source of resiliency. If you scored in the middle third, this is considered a secondary source of resiliency. And if you scored in the bottom third, this is an undeveloped source of resiliency.

Your feedback is organized within three broad dimensions. Read the definition of each dimension before reading your results. This will give you context to understand your results.

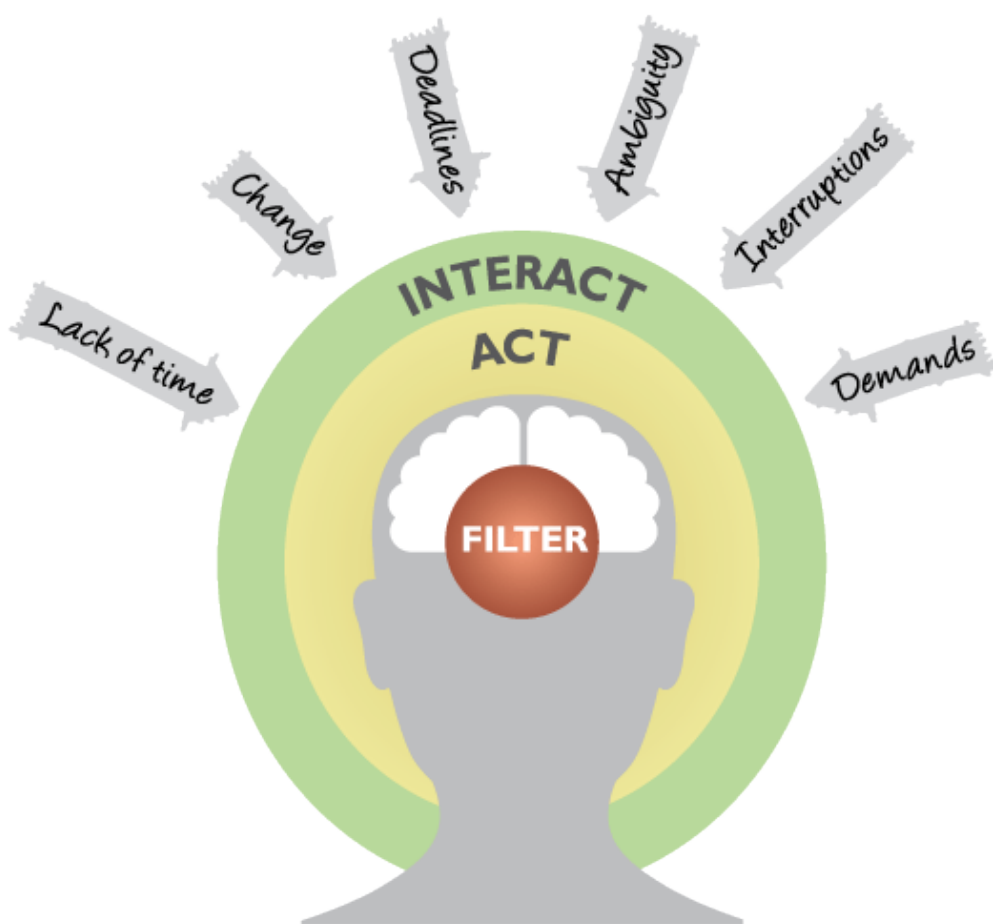
People's self-perception is often different from how others view them. Keep in mind that others might see you differently than you see yourself.

This report shows your current standing on these resiliency dimensions. Resiliency can be developed and you should view this report as a starting point for considering how you can enhance your resiliency.



## RESILIENT MINDSET MODEL™

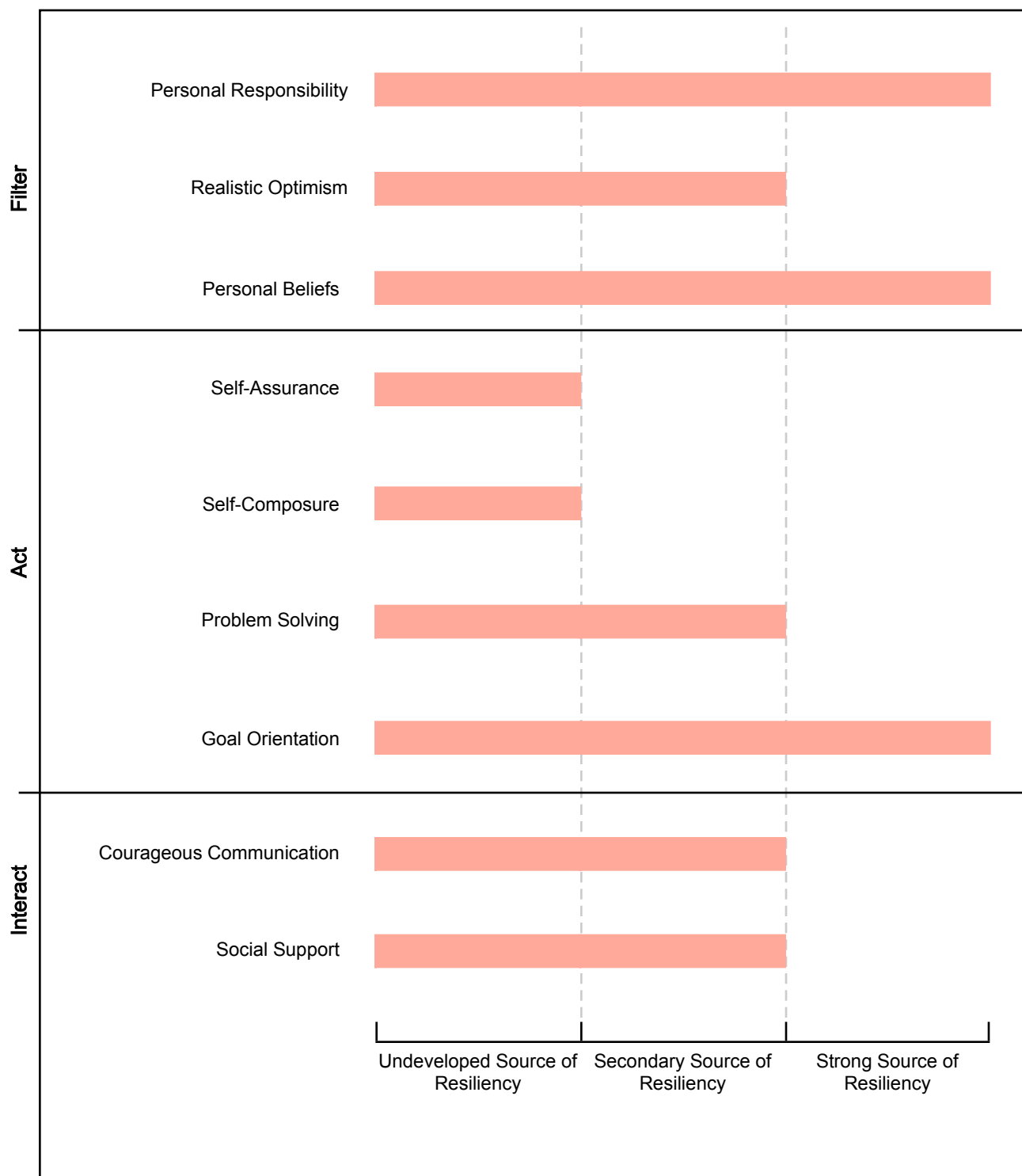
Resiliency is enhanced through nine characteristics, categorized into a three-dimensional framework -- FILTER (how you filter information and interpret the world), ACT (how you handle challenges), and INTERACT (how you communicate and connect with others). This report presents your results according to these three dimensions.



The next section presents your results for each of the nine resiliency factors.



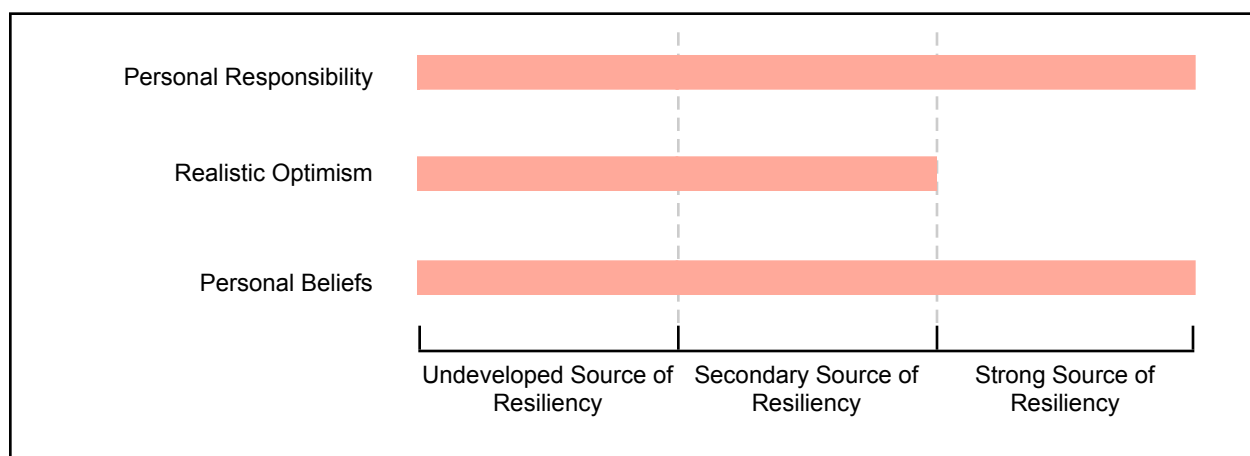
## RESULTS SUMMARY



The next section of the report describes your results in more detail.



**Filter** refers to how you filter information and interpret the world.



**Personal Responsibility** is the belief that successes or failures at work are determined by one's own talents and motivations as opposed to external forces such as luck or good timing.

You indicate that you have a high level of personal responsibility, meaning you believe you are in charge of your own career success. Rather than relying on external factors such as luck to achieve your work objectives, you look inward to your own talents and motivations and exert control over your situation. This quality is important for helping people persevere in challenging times. To enhance your level of personal responsibility even more, pay attention to your self-talk and develop your problem-solving skills.

**Realistic Optimism** is the tendency to see the world in a positive way but remain grounded in reality.

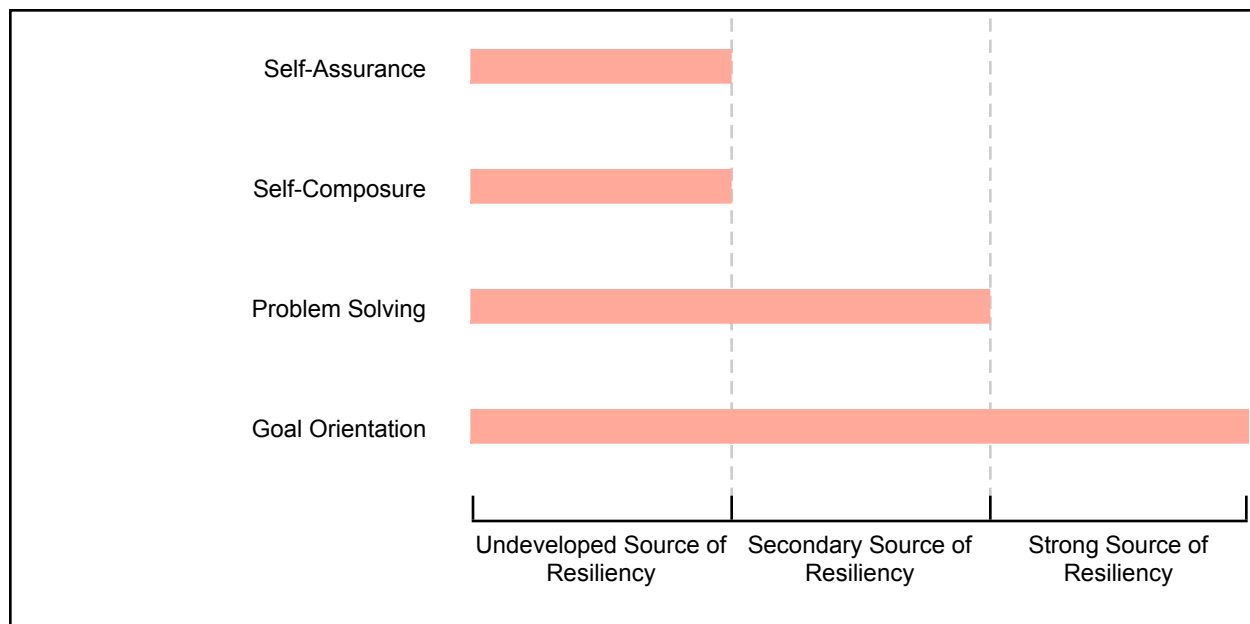
You report that you have a moderate level of realistic optimism compared to others in the working population. While you focus on the positives and expect the future to be good, you are also grounded in reality - you remain aware that challenges will arise and things won't always go as expected. Realistic optimism is associated with success in many aspects of life because it instills people with motivation while allowing them to anticipate and plan for challenges. You can develop your realistic optimism in several ways. For example, you can work on challenging unrealistic automatic thoughts, giving your time and expertise to others, and bringing more gratitude into your life. By building this quality in yourself, you may affect your ability to persevere through difficulties.

**Personal Beliefs** is the sense that life has deep meaning and purpose. Personal beliefs may take the form of religious observance, spirituality, or devotion to a particular value system or cause.

You indicate that you have a strong sense of meaning and purpose in your life. You likely feel connected to values and causes that you feel are larger than yourself. This is important because research shows that such a belief system can provide great comfort to people and help them persevere through tough times. Compared to others in the working population, you are above average on this characteristic.



*Act refers to how you handle challenges.*



**Self-Assurance** is the belief in oneself to successfully perform at work.

You seem to be somewhat uncertain in your abilities to overcome work-related obstacles and stressors. Because you have a tendency to doubt your professional skills, you may avoid or not persist with challenging tasks. Be aware that this behavioral tendency can discourage your personal growth and even instill doubt in others about your capabilities. To develop your self-assurance, try challenging automatic negative thoughts or simply behaving in a confident manner. For example, you might consider asserting your positions more often in meetings or using expansive gestures (power poses). Research shows that our behavior affects our attitudes - when we behave in a self-assured way, we begin to feel that way as well.

**Self-Composure** is the ability to manage stress and remain calm under pressure.

You see yourself as having difficulty maintaining self-composure in challenging times. In the face of stressors, you may have difficulty remaining calm, focused, and clearheaded. This tendency inhibits you from performing at your best, especially when unexpected challenges arise or demands shift. The good news is that this quality can be developed. Consider trying various techniques including mindfulness practice, challenging unrealistic thoughts with more realistic beliefs, and goal setting.



***Problem Solving*** is the ability to plan and resolve problems effectively.

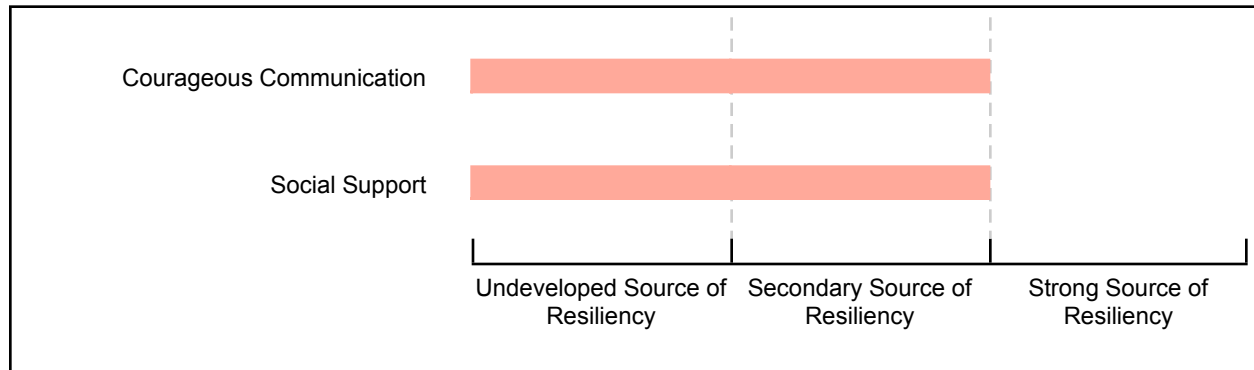
You have the capacity to identify your most important problems, collect relevant information, evaluate alternatives, and choose appropriate solutions. However, you may not fully think through all of these steps in all circumstances. By taking note of this and making a point to slow down and approach difficulties carefully and systematically, you might see great improvement in this area. If you search online, you can find numerous tools and methodologies to help you visually represent your problems and solve them in a comprehensive way.

***Goal Orientation*** is the tendency to set appropriate goals, monitor progress on those goals, and adjust behavior accordingly.

According to your results, you are significantly higher than average in terms of goal orientation. You set lofty goals and you work hard to achieve them. You maintain commitment to tasks, constantly consider how you can move more effectively toward task completion, and make adjustments accordingly. This is a clear strength of yours and a habit you can rely on to help you persist during tough times. To develop your goal orientation even more, make sure your goals are specific (they should indicate what needs to be done and when), measurable (they should provide milestones to track progress), attainable (not too difficult, not too easy), relevant (aligned with your personal values and company objectives), and time-bound (they should provide a reasonable timeline for achievement).



**Interact** refers to how you communicate and connect with others.



**Courageous Communication** is the tendency to communicate with others in a candid and courageous way in the face of difficulty.

According to your survey results, you share your ideas and ask questions relatively freely. You are willing to have important, but perhaps uncomfortable, conversations with others and you confront problems directly. You do, however, have room to improve this quality in yourself. One way to enhance your skills in courageous communication is to prepare for difficult conversations. For example, ask yourself, “What is the goal of this conversation? What do I want? What kind of emotional tone do I want to set in the conversation and how can I do that? What are the essential but uncomfortable issues that have to be discussed?” If you work to strengthen this skill even more, you may find it has a very powerful impact on your relationships, effectiveness, and overall resiliency.

**Social Support** is the perception that one is part of a supportive social network. This includes having close confidants and people with whom one can discuss problems.

You indicate that your social relationships provide you with comfort, care, and a sense of belonging. You also feel that you have room to deepen these connections even more. It certainly takes work to build relationships, but they are crucial to our well-being. Social connection not only strengthens us, it is an essential, deeply ingrained human need. To increase your feeling of belonging and security, consider exerting the extra effort to cultivate these ties. Know that it is not the quantity of relationships that matters; having even one person to confide in is highly beneficial and can enhance your resilience.





## SELF-PERCEPTION SUMMARY

### Strong Sources of Resiliency

Your scores in these areas are significantly higher than average. You have either cultivated these qualities in yourself or they simply come naturally to you. Research shows that when you focus on utilizing and developing your strengths, rather than your weaknesses, this leads to improved engagement, performance, health, and wellness. Pay special attention to these capacities because they will be critical in helping you cope with stress and adversity.



### Secondary Sources of Resiliency

Your scores in these areas are moderately strong. These dimensions represent a secondary source of resiliency for you. With a little more awareness and effort, you can develop these qualities even more and strengthen your response to adversity.



### Undeveloped Sources of Resiliency

These are undeveloped sources of resiliency. Perhaps you have not considered or worked toward developing these areas. We encourage you to develop these skills but to concentrate primarily on your strengths - the resiliency factors shown above. As mentioned, when you focus on your strengths, you allow yourself to optimize your unique qualities and reach your full potential.

