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SAMPLE Online Report

Resilience Dynamic® Questionnaire

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EXTRACT FROM INITIAL ONLINE FEEDBACK

Immediate feedback is given when using the **Resilience Evaluation** tools. This immediate feedback is shown onscreen, on one page. A second step allows the participant to select to download a PDF report pertinent to their own resilience level; they can view the details for all resilience levels if they would like.

The Resilience Dynamic Questionnaire

Your Resilience Score is

4.3

You are in Bounceback

You manage to bounce back from difficulties and setbacks. Great! The downside is some painful consequences such as low energy, motivation and inconsistency in the way you feel.

You are likely to increase your Resilience in the first instance by considering your energy, and shifting towards really increasing your energy day to day. Thereafter look at the meaning you draw from different contexts, and how often you can connect with the purpose of each. This connection is at the heart of your opportunity to increase your Resilience.

Average High Score - 5

Your Average Highest Score illustrates your current potential highest Resilience level. This is definitely something to aim for!

Average Low Score - 4

Your Average Lowest Score illustrates your current potential lowest Resilience level. This is where you are in danger of dropping towards. Examine the items you scored your lowest and consider how you might make a shift in these.

Average Variance Score - Medium

Your Average Variance Score illustrates how stable your resilience is. Stability is critical for Resilience. The more variable, the more I illustrates that your Resilience is dependent on specific conditions, and that these aren't always being met.

- If your variance is high, these conditions are not being met at all well
- If your variance is medium, these conditions are often met, but are inconsistent
- If your variance is low, and your Resilience is low, you are likely to be stuck. To get unstuck, consider the key enablers of Resilience – and particularly your Energy.