

resilience factors in teams

OVERVIEW

Team environments can enhance our ability to use our internal resilience factors to cope with stress. They foster a collective mindset that strengthens resilience by promoting a sense of belonging, shared purpose and values, perspective-taking, and mutual fulfillment.

TIPS TO ENHANCE RESILIENCE

To help enhance team resilience factors, consider having a shared discussion that describes:

1. What would be your team mission statement that describes your purpose?
2. What are the guiding principles and values that underpin your team mission statement that strengthen our resilience factors?
3. What are shared behaviors that support resilience factors? Describe specific behaviors supporting:
 - Respect:
 - Belonging (feeling valued , safe and supported):
 - Standard communication workflows:
 - Workload sharing:
 - Conflict management:
 - Support after difficult experiences:
 - Replenishment:

