

Building a Personal Model of Resilience (PMR)

Step 1: search for strengths – what are your areas of strength and competence?	Step 2: construct a Personal Model of Resilience: what strategies have you found helpful in dealing with adversity?	Step 3: apply the PMR: what do you anticipate will be the main areas of challenge or difficulty in your life or work in the coming months and years?	Step 4: practise resilience: how will you apply your Personal Model of Resilience to areas of challenge or difficulty to enhance and reinforce your resilience and wellbeing?