

How to be more resilient in the workplace



Be positive

View challenges and changes with a positive outlook and review the opportunities and benefits they will bring to keep you motivated.

Be flexible

Nothing in the workplace stays the same – demonstrate flexibility.



Utilise challenges as opportunities to evolve

Treat challenges as opportunities to learn new skills, rather than a series of obstacles.

Keep things in perspective

Look to the future... Will something that hasn't gone well really matter next month, next week or even tomorrow?



Put yourself forward for new challenges

This will help build your confidence in your ability to handle uncertainty and develop your resilience.

Take time to reflect

Don't dwell on things that haven't gone as planned and instead make time to reflect and congratulate yourself on what did go well.

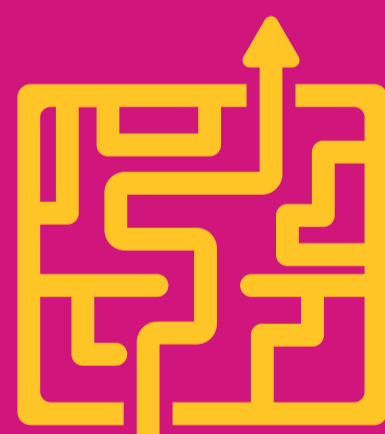


Assess your goal and write down your plan for new challenges

When faced with a change, consider – what is your timeframe, what skills or resources do you require, how can you measure success?

Practice your problem-solving skills

Practice problem-solving on small scales on a daily basis to ensure you are prepared and able to cope with larger challenges.



Work to your strengths

Use them to your advantage to boost your confidence and self-esteem and help you to approach new challenges creatively and confidently.

Ask others for help

This provides new experiences and builds your resilience, and discussing changes you are both facing will help you to manage these most effectively.



Learn more about developing your resilience:

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