

## Resilience Challenge

As a coach or rider and in everyday life we must be resilient; below is a resilience model that you can work from to help you improve and progress.

Confidence – Having feelings of competence, effectiveness in coping with stressful situations and strong selfesteem are inherent to feeling resilient. The frequency with which individuals experience positive and negative emotions is also key.

Social support- Building a good relationship with others and seeking support can help individuals overcome adverse situations, rather than trying to cope on their own.

## Resilience

Purposefulness — Having a clear sense of purpose, clear values, drive and direction helps individuals to persist and achieve in the face of setbacks. Adaptability – Flexibility and adapting to changing situations are essential to maintaining resilience. Resilient individuals are able to cope well with change and their recovery from its impacts tends to be quicker.

## Challenge!!!!

\*What is the smallest but most significant change you can make that would improve your experience in each of the above?

\*How would you achieve this?

\*How will you know things are improving?