

# Images of Resilience

Metaphors representing a range of experiences and emotions linked with the theme of Resilience



This RSVP Design toolbox (designed in partnership with EI4Change) contains a carefully researched and designed pack of versatile Images of Resilience that have been drawn in an attractive cartoon style. There are 16 different images, each copied three times with full supporting facilitator notes. This set of images and the associated questions explore some of the components of resilience, challenging us to think about what it means for us, how we can develop our resilience and ability to cope with stress and how we can ensure that our resilience is used to enhance our daily lives, rather than locking us into patterns of ineffective or damaging behaviour.

"I want to use these images in a development centre to help potential managers to explore their personal resilience as they consider moving into more demanding professional roles. How do they deal with the stresses and pressures they will experience and what can they do to build their resilience?"

This is likely to be used in a 1:1 process with potential managers but could also be used in a small group discussion (no more than 3 people, to allow individuals to be able to express themselves and have enough time to explore the ideas in some depth). Explain that this process is intended to help the potential managers to think about their responsibilities and pressures of the management role and to consider their own strategies and approaches to managing themselves in the role.

## Look at this image, what do you see?

The roly-poly toys wobble when pushed and have the ability to right themselves or regain their original position after being pushed around. They have something inside them to withstand being pushed around.

How do you bounce back from stressful situations? What causes you to feel stressed? What happens? How do you keep yourself going? What techniques do you use to cope with situations that last over a period of time?



In times of continuous pressure and change, resilience is often cited as one of the key attributes of successful leaders – a positive ability to weather the storm that rages around. In successful adult learning, resilience is also a key factor. Those who learn most effectively are those who can try, fail and try again, managing the negative feelings associated with difficult learning experiences

For further physical materials to assist learners in developing resilience, please contact [sales@rsvpdesign.co.uk](mailto:sales@rsvpdesign.co.uk) regarding our Resilience Module. This two hour module is one of 7 that build Learning Power and focuses on helping individuals to understand the concept of resilience in terms of learning power, and to build their capacity to persevere when the learning process becomes difficult, or indeed to recognise that there is an alternative way to proceed

To add IMAGES OF RESILIENCE to your resource library: