

Resilience at Work Models

R@W Team



T1 Cohesion means...

Having shared purpose and values as well as clear responsibilities and mutual respect, support and accountability. Ensuring collective proactivity when issues arise.

T2 Optimising means...

Having effective team processes that enable a clear focus on priorities and the harnessing of resources and team member strengths for optimal performance in the presenting circumstances.

T3 Positivity means...

Staying optimistic, seeking out and acknowledging progress. Having a focus on possibility not negativity.

T4 Self-care means...

Promoting and deploying good stress management routines and being alert to signs of overload in members.

T5 Capability means...

Continually building capacity through accessing networks and support, developing team skills and seeking feedback on performance.

T6 Persistence means...

Having a solution rather than problem focus. Bouncing back in the face of setbacks.

T7 Recognition means...

Acknowledging contribution and effort and celebrating achievements.