



Tool: Developing resilience through efficacy

Outcome: You understand your capabilities to utilise your abilities to accomplish objectives. You are able to use your own potential more efficiently.

Positive past

What are you grateful for concerning the past?

To whom would you express your gratitude to concerning past experiences, and how?

Who do you need to forgive to?

Positive present

Think about the factors that bring joy at work:

Choose one positive task from daily work. Focus on that activity. Take a closer look at the activity

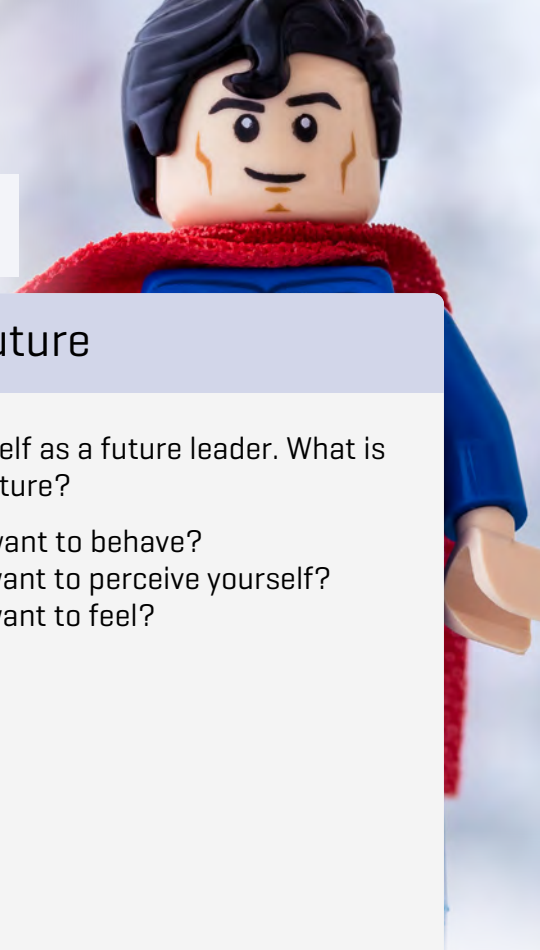
Assess your emotions, get your senses involved.

How can you transfer the positive experience to other areas in life?

Positive future

Describe yourself as a future leader. What is your desired future?

- How do you want to behave?
- How do you want to perceive yourself?
- How do you want to feel?



Tip: Self-efficacy is an internal belief to initiate and maintain desired action. You can use this tool to evaluate factors valued by your team or management, and make a long-term plan for achieving a desired action.

