



GRO! A Game of Resilience

7 Factors for Resilience

	Resilience Factors	Guiding Questions
1	Clarity of Purpose	<ul style="list-style-type: none"> • What am I seeking to achieve? • My intention for taking this action is...The impact of this action on me and others is...
2	Composure (Emotional Intelligence)	<ul style="list-style-type: none"> • How am I feeling? • What do my feelings tell me about what I need?
3	Being Resourceful	<ul style="list-style-type: none"> • What resources do I have that can support me? • What resources do I need?
4	Collaboration	<ul style="list-style-type: none"> • Who can I reach out to for support? • What win-win collaboration can I achieve?
5	Tenacity	<ul style="list-style-type: none"> • What is the best / worst that can happen? • What are the risks that I need to consider?
6	Learning Agility	<ul style="list-style-type: none"> • What can I learn from this? • What can I continue to do? What can I do differently?
7	Gratitude	<ul style="list-style-type: none"> • What went well? What can I appreciate about myself or the situation? • What are the positives / opportunities that emerge from this?