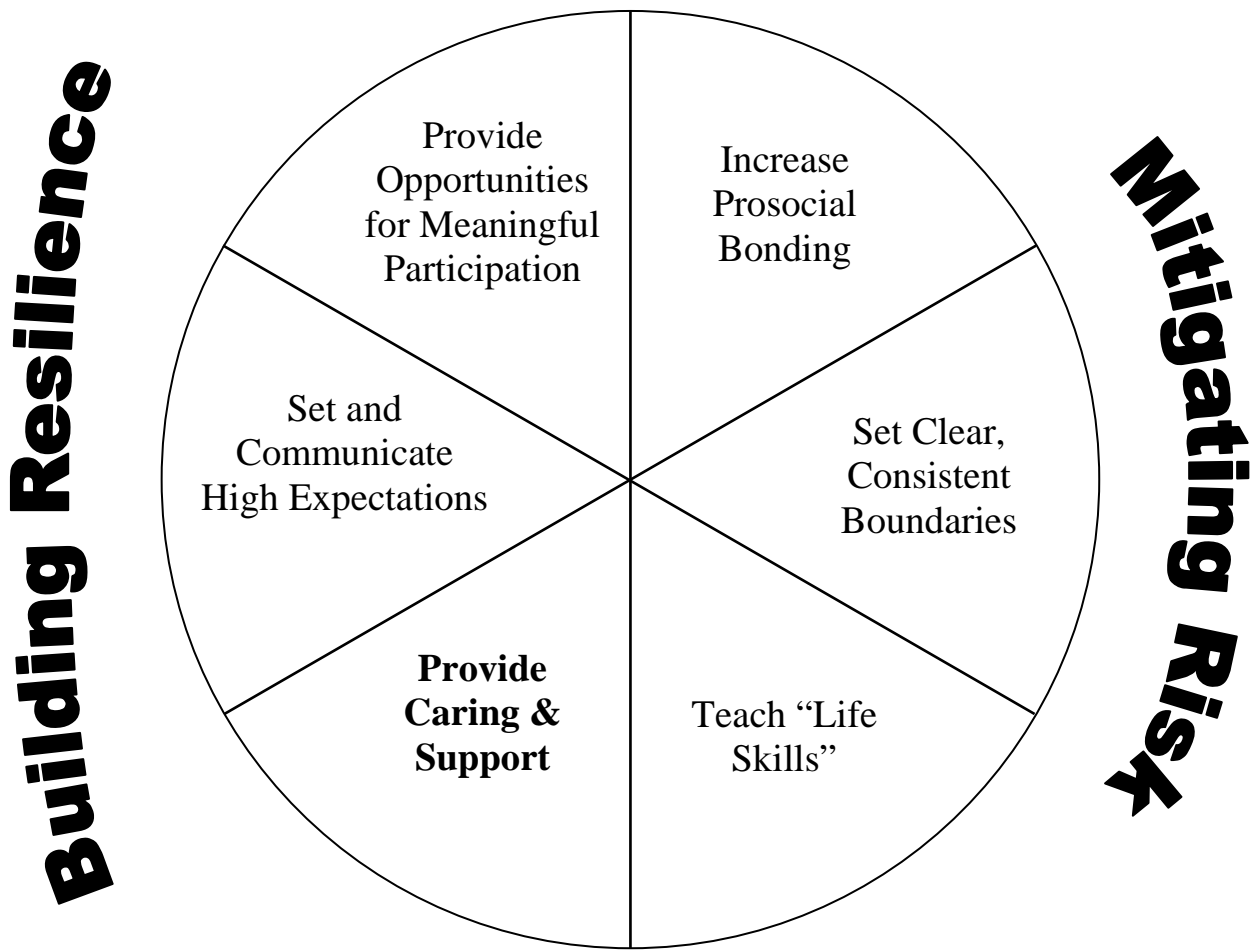


A Resiliency Wheel Worksheet



For each section of the “Resiliency Wheel” identify ways that your organization is cultivating resilience in its staff.

Once you’ve identified these strengths, identify ways that your organization could enhance its capacity to build resilience in its staff.

1. Increase Prosocial Bonding

Strengths

Opportunities

2. Set Clear, Consistent Boundaries

Strengths

Opportunities

3. Teach Life Skills

Strengths

Opportunities

4. Provide Caring and Support

Strengths

Opportunities

5. Set and Communicate High Expectations

Strengths

Opportunities

6. Provide Opportunities for Meaningful Participation

Strengths

Opportunities