Bounce Forward Development Cycle



Resilience is the key to personal development. Evidence proves that resilience increases our ability to overcome setbacks, make the most of opportunities and thrive in life.



Resilience Skills

Practical, teachable and measurable. Helps us get the best outcomes from everyday situations.

Resilience Competencies Strategies and habits developed from using the skills

Capacities for Resilience Protective factors that enable resilience.

Resilience Skills



The skill is to understand emotions and the techniques to harness unhelpful emotions.

Avoid our confirmation and negativity bias, create new understandings of old problems, think realistically and flexibly and take control of our outcomes.

Noticing the Gremlins
The link between thoughts, feelings and behavior. The lens we view the situation through; pessimism and optimism.

Managing the Moment Manage Gremlins and unhelpful emotions in the moment. Responding effectively right then

Reframing the Gremlins
Identifying unhelpful habits in our thinking. Questioning the style and creating optimistic and realistic alternatives

Big Sticky Beliefs

Identifying underlying values and assumptions and recognising when and how they influence us.

Keeping perspective and managing the Catastrophising

Playing to Strengths

Identifying strengths in ourselves and others. Making the most of our strengths and recognising how they can help and hinder.

Resilience Competencies



Flexible & **Realistic Thinking**

Open and curious to different perspectives, looking for evidence to problem solve effectively, wedded to reality.



Connection

Connected to others, willingness to reach out, have empathy and care for others knowing that will increase personal happiness.





Hope &

Optimism The belief that the realistic goal can be met, thinking optimistically, focused and upbeat



Self Regulation

Understanding the impact and range of emotions we can feel. Impulse control, calm and focused.



Self Awareness & Compassion

Understanding of self knowing what is 'normal' or usual for me. Being kind and having compassion for self

Capacities for Resilience





Each element is connected and strengthens the development cycle. The more we use the skills, the more we recognise that we are competent and effective in the face of challenge. This is where the magic ignites, and we make the most of opportunities and be the best version of ourselves.





