

RESILIENCY DIAGNOSTIC

Check your level of confidence with the skill or perspective listed.
Take note of confidence gaps and focus on further developing those skills.

EFFECTIVE CRISIS LEADERSHIP COMPETENCY	I need to develop this skill	I'm moderately comfortable with this skill but could develop more	I am confident I have this skill in my toolbox
1 I see change as opportunity. It does not make me anxious.			
2 I know how to assess a situation and understand what is happening.			
3 I am clear about my values and what matters to me regardless of what is changing around me.			
4 I regularly assess my strengths and developmental needs.			
5 I see change as a chance to learn new skills, experiment and build my expertise and value.			
6 I direct my own career trajectory and choices. I am consciously scanning for opportunities to develop.			
7 I have healthy physical, mental, and emotional habits that I can maintain during a crisis.			
8 I have tools at my disposal for managing emotional dysregulation – intense negative emotions during stressful situations.			
9 I make time for learning and reflection.			
10 I have strong empathy skills.			
11 I have relationships that sustain me during times of crisis.			
12 I am comfortable with my personal identity and can differentiate who I am from the work that I choose to do.			
13 I have networks and affiliations that keep me connected to the world and informed about things that are important to me.			
14 My professional relationships are broad and varied.			

EFFECTIVE CRISIS LEADERSHIP COMPETENCY	I need to develop this skill	I'm moderately comfortable with this skill but could develop more	I am confident I have this skill in my toolbox
15 I am clear about how my skills could be transferable to other roles or situations. I know my skillset will give me flexibility and I can adapt to change.			
16 I have a safety net and feel that I can weather a crisis.			
17 I have designed my life knowing that I may have to adapt to change.			
18 I know how to determine what is in my control and what is not in my control.			
19 I regularly seek out new challenges that stretch beyond my comfort zone.			
20 I regularly ask other people for feedback to help me learn, grow, and adapt.			