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Resilience Skills

As part of every **Skills for U** session, you are going to learn about a skill that will help you throughout your life, and also make you more employable!

In this session you are learning all about **resilience**, why it is important and how you can get better at it.

Everything you need to complete this worksheet is either in the PowerPoint presentation you have just listened to or on this sheet.

Throughout the programme we will also highlight a job that uses the skill we are learning about. The job for **resilience** is a **Sports Coach**.

Question: Why is it important for a Sports coach to be **resilient**?

Question: What other jobs or businesses require **resilience**? Why?

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Task 1: The Ability to Bounce Back

Shelly Woods (born 4th June 1986) is a British Paralympic athlete from Blackpool in Lancashire. She was always into sports as a child and was in most sport teams at school including football and netball. Shelly was injured in an accident when she was 11 years old which meant she needed to use a wheelchair. After her injury she still wanted to be involved in sport and started to explore Paralympic sports, including wheelchair racing. Since then Shelly has competed in two Paralympic Games, Beijing in 2008 and London in 2012, where she won three medals.

Watch this video to hear more about Shelly's story:

www.youtube.com/watch?v=1wwHCJZCUrA



Question: How might Shelly have felt after her accident? What might she have thought about her ability to play sports?

Question: How has Shelly shown resilience?

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Task 2: How do you show resilience?

Think about a challenging event/situation that you faced. It could be training for a sport, studying for a school subject you find challenging or overcoming a personal issue such as an illness or loss.

Answer the below questions to consider how you showed resilience.

Question: What was the situation/goal/event?

Question: What obstacles did you have to overcome to get there?

Question: How did you feel when you faced difficulties? How did you react?

Question: How did you show resilience or how could you have shown resilience?

Question: Did you ask for help? Think about who is there to support you.

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Task 3: Your Personality

Your personality type will have an impact on how you might react and respond in certain situations. Learning about yourself and your personality is a good starting point to become more resilient.

For example, some people are more extravert and some people are more introvert. This means that some people might enjoy solitary activities and others thrive off social activities with others. Your personality type will be a mix of lots of different traits and understanding them can be helpful in reflecting on how you approach different situations.

Take the below personality quiz and record your answers in the boxes.

www.16personalities.com

Question: What is my personality type?

Question: What are some typical traits for my personality type? What might my strengths and weaknesses be?

Congratulations on completing the previous tasks! We have one final thing for you to do.

Question: How have the tasks you have done helped you learn about confidence?