

Using role models to build resilience



Who is the most resilient person you know? It could be a famous athlete, entrepreneur, colleague, family member or community member.

Identify what it is about that individual that inspires you? What characteristics does this person have that you admire? Consider what makes this person resilient? How can you apply similar principles in your daily life?

In addition to this, you could have a picture of your role model where you see it often and ask yourself “what would (role model) do?” whenever you face a challenge.

This will help you to channel the confidence and positive actions of the person you admire by developing a greater understanding of resilience and desirable resilient behaviours, helping to inspire you to develop your own resilience strategies and behaviours.