



# Workplace Leadership Resilience Assessment

## TOTALS

DIMENSION TOTAL	RATING	DESCRIPTION
13–15	VERY HIGH	Strong resilience in this area; behaviors are consistently demonstrated.
10–12	HIGH	Generally resilient; occasional gaps but overall strong.
7–9	MODERATE	Mixed resilience; some behaviors need development.
4–6	LOW	Limited resilience; needs focused attention.
3 OR BELOW	VERY LOW	Immediate focus required to strengthen resilience in this dimension.

## OVERALL SCORING

DIMENSION	SCORE
LIVING AUTHENTICALLY	
FINDING PURPOSE	
MAINTAINING PERSPECTIVE	
MASTERING STRESS	
INTERACTING COOPERATIVELY	
BUILDING NETWORKS	
PROBLEM-SOLVING & RESOURCEFULNESS	
COMPOSITE RESILIENCE SCORE (OUT OF 105)	

COMPOSITE SCORE	LEVEL	WHAT IT MEANS
90–105	VERY HIGH	Strong leadership resilience across all areas.
70–89	HIGH	Generally resilient; identify 1–2 dimensions for focused growth.
50–69	MODERATE	Mixed resilience; review areas with lower scores.
BELOW 50	LOW	Immediate attention needed—consider resilience-building strategies and support resources.