

How resilient are you?

This is an abbreviated version of the Nicholson McBride Resilience Questionnaire (NMRQ). For each question, score yourself between 1 and 5, where 1 = strongly disagree and 5 = strongly agree. Be honest. We'll explore the results on the course.

Resilience Questionnaire	Score
In a difficult spot, I turn at once to what can be done to put things right.	
I influence where I can, rather than worrying about what I can't influence.	
I don't take criticism personally.	
I generally manage to keep things in perspective.	
I am calm in a crisis.	
I'm good at finding solutions to problems.	
I trust my intuition.	
I wouldn't describe myself as an anxious person.	
I don't tend to avoid conflict.	
I try to control events rather than being a victim of circumstances.	
I manage my stress levels well.	
I feel confident and secure in my position.	
Total	