



# ADAPTIVE MINDSET<sup>®</sup>

## Resiliency



### Concepts Guide & Self-Perception Questionnaire

#### AUDIENCE

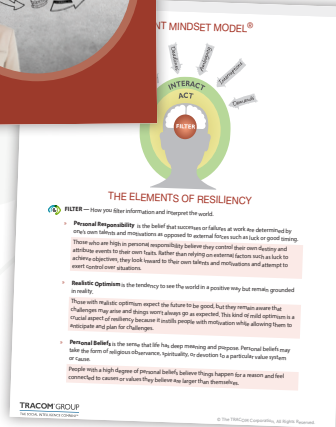
Managerial, Sales & Universal

#### ASSESSMENTS AVAILABLE

Adaptive Mindset for Resiliency<sup>®</sup> Paper Self-Perception Questionnaire

#### USE

Self-profiling for a convenient and inexpensive introduction to understanding sources of stress and managing reactions for greater workplace performance.



#### PRODUCT DESCRIPTION

TRACOM's **Adaptive Mindset for Resiliency Concepts Guide** and **Self-Perception Questionnaire** offer a quick and easy introduction to developing resiliency. Resiliency is the capacity to productively deal with stress, adapt to change, and overcome the brain's natural, counter-productive ways of thinking.

Research shows that highly resilient people respond to challenges with flexibility, bounce back from challenges, and even find opportunities within workplace stress. They perform more effectively in their jobs, are healthier, more engaged with their work, and have higher commitment to their organizations. The good news for employees and organizations is that resilience can be learned and developed.

Using information from the questionnaire and Concepts Guide, participants learn strategies for developing resiliency and increasing workplace performance.

#### STRESS IN THE WORKPLACE

Research shows that stress has a negative influence on individuals and organizations including:

- 51% of people say they are less productive due to stress
- 52% say that stress impacts career decisions
- Job pressure is top cause of stress in the United States
- Stress is linked to the six leading causes of death
- Stress costs American companies \$300 billion annually and causes 1 million daily work absences
- Stress is four times more likely to cause absences than workplace accidents or disease



Adaptive Mindset for Resiliency Paper Questionnaire  
Adaptive Mindset for Resiliency Online Self-Perception Questionnaire

Special Note: The Resiliency Concepts Guide is typically packaged with the Paper Self-Perception Questionnaire. However, it can be purchased individually or with an Online Self-Perception Profile as well.



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### Concepts Guide Contents

#### BENEFITS

- Introduces resiliency concepts
- Convenient and inexpensive
- Immediate results
- Choice of paper-based or online questionnaire
- Perfect for front-line employees and first-time users
- Can be built into existing training programs
- Improves workplace performance

#### ADMINISTRATIVE TOOLS AVAILABLE

Facilitating a Workshop – Using the Adaptive Mindset for Resiliency® Concepts Guide Admin Kit is a helpful resource for anyone using TRACOM’s resiliency Self-Perception Questionnaire. It provides everything necessary to enable someone to teach a Self-Perception session.

#### THE ADMIN KIT INCLUDES:

Facilitator Guide • Adaptive Mindset for Resiliency Concepts and Resource Guides • Paper Self-Perception Questionnaire • Resource Tools including PowerPoint Presentation, Session Evaluation Handout, Participant Certificate Template and Supporting Research • Strategies for Building Resilience Card

#### INTRODUCTION

- What Is Resilience And Why Is It Important?

#### EMOTIONS, BEHAVIOR, AND THE BRAIN

- “What Do You See?”
- Our Emotional And Logical Brain

#### ELEMENTS OF RESILIENCY

- The Resilient Mindset Model™
- Think About It
- Self-Assessment Review

#### RESILIENCY ROUTE

#### STRATEGIES FOR DEVELOPING RESILIENCY

- CAB/CAR
- Patterns of Automatic Thoughts are DRAINING
- Developing Mindfulness
- Acting “As If”
- Developing Gratitude
- Giving
- Goal Setting

#### CONCLUSION

- Summary And Next Steps
- Additional Resources

#### APPENDIX

- Resiliency Self-Assessment

Visit [www.tracomcorp.com](http://www.tracomcorp.com) for more information.

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