

Suggested Action Plan – Resiliency

Month	Resources	Approach	Goal
1-2	Activity A-1 <i>Reflecting on Resiliency Assets</i>	Carry out Activity A-1 in team or group format (could be included as part of staff meeting time).	Introduce the concept of Resiliency
1-2	Module <i>Resiliency Assets</i> (Video + eBook)	Watch the video in group or team format. Encourage personnel to review the eBook after watching the video.	Present the Strengths or Assets related to Resiliency
2-3	Activity A-2 <i>Identifying Resiliency Asset Practices</i>	Carry out activity A-2 in team or group format (could be included as part of staff meeting time).	Identify the practices associated with Resiliency Assets
2-3	Activity A-3 <i>Assessing Resiliency Asset Practices</i>	Carry out activity A-3 in team or group format (could be included as part of staff meeting time).	Consider strengths and areas for development related to Resiliency Asset practices

Month	Resources	Approach	Goal
2-3	<p>Module <i>Effective Personal Coping</i> (Video + eBook)</p> <p>Module <i>Managing Workplace Change and Transition</i> (Video + eBook)</p> <p>Module <i>Understanding and Supporting Others with Mental Health Concerns</i> (Video + eBook)</p> <p>Module <i>Finding Balance in Work and Home Life</i> (Video + eBook)</p> <p>Module <i>Setting Positive Directions for Personal Change</i> (Video + eBook)</p>	<p>Invite staff or team members to select Modules related to Resiliency that are of interest to them.</p> <p>Create a presentation schedule for viewing the selected Modules.</p> <p>.</p>	<p>Become aware of the online Modules (Video + eBook) that are available for building Resiliency</p>

Month	Resources	Approach	Goal
4-6	Resiliency Modules	Encourage staff or team members to view the Modules (Videos + eBooks) individually, in small groups or as a larger group. After viewing the Modules, encourage staff or team members to discuss the application activities found at the end of the eBooks.	Promote knowledge and use of Resiliency Practices
4-6	Activity A-4 <i>Positive Emotions</i> Activity A-5 <i>Receiving and Expressing Gratitude</i>	Undertake the actions outlined in Activities A-4 and A-5 with staff or members of the team.	Promote Resiliency practices that contribute to the Positive Mental Health of the workplace team
7-8	Activity B-1 <i>Resilient Teams</i>	Carry out Activity B-1 in team or group format (could be included as part of staff meeting time).	Introduce the six characteristics of Resilient Teams
7-8	Module <i>Resilient Teams</i> (Video + eBook)	Watch the video in group or team format. Encourage personnel to review the eBook after watching the video.	Present the Six Characteristics of Resilient Teams

Month	Resources	Approach	Goal
7-8	Activity B-2 Exploring Team Resiliency Characteristics and Team Resiliency Inventory (TRI)	Carry out Activity B-2 and complete the TRI in team or group format (could be included as part of staff meeting time).	Assess Resilient Team Characteristics
7-8	Activity B-3 Resilient Team Strategies	Carry out Activity B-3 in team or group format (could be included as part of staff meeting time).	Identify Targeted Resilient Team Strategies
9-10	Activity B-4 Individual Differences in Teams	Carry out Activity B-4 in team or group format (could be included as part of staff meeting time).	Explore differences related to extraversion and introversion
9-10	Modules <i>Understanding the Strengths of Individual Differences and/or Diversity and Inclusion</i> (Videos + eBook)	Watch the video in group or team format. Encourage personnel to review the eBook after watching the video(s).	Promote practices that understand and affirm the unique strengths (individual differences) and backgrounds (diversity) of people
9-10	Activity B-5 Respectful Team Practices	Carry out Activity B-5 in team or group format (could be included as part of staff meeting time).	Identify example respectful team practices

Month	Resources	Approach	Goal
9-10	Module <i>Respectful and Inclusionary Workplaces</i> (Video + eBook)	Watch the video in group or team format. Encourage personnel to review the eBook after watching the video.	Promote respectful team perspectives and practices