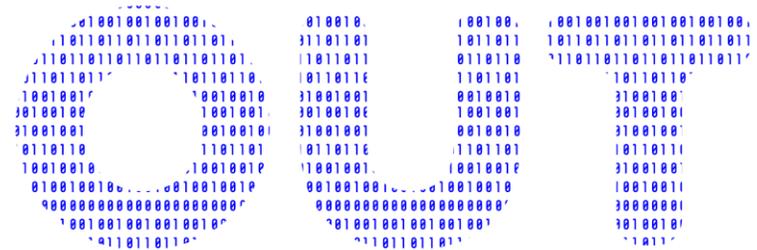


## C O D I N G -

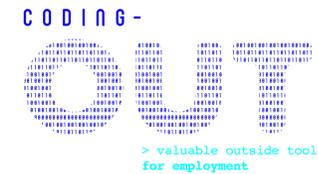


> valuable outside tool  
for employment

# Unit 2 – Working in programming

Subunit 2.2. - Resilience

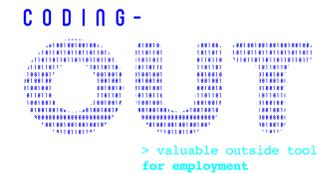




# Objectives:

Resilience module main objectives towards the participants are mainly two:

- To know what resilience is;
- To understand the importance of resilience to cope with difficult situations.



# What is resilience?

- Resilience is the ability to deal with and rise to the inevitable challenges, issues and setbacks a person meets within the course of their lives, and somehow learn from these events and sharpen their strengths.
- Resilience depends on a range of abilities and tools, including critical reasoning abilities, physical and emotional wellbeing, and the interactions with others around us.

# Four key ingredients for resilience:



**Knowledge.** Realising what is going on around you and within your head.



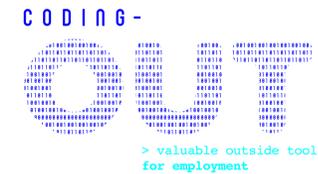
**Reasoning.** Being willing to understand things that are going on in a reasonable way.



**Seeking out.** How we rely in others to support us and overcome the difficulties that we face, as resilience is all about understanding when to ask for help.



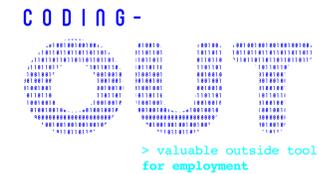
**Fitness.** Our mental and physical abilities to adapt to obstacles without being affected.



# The Seven C's of resilience:

There are some specific competences that can be enhanced in the path of acquiring resilience:

- **Competence.** Enable a someone to become more comfortable by encouraging them to understand how they are approaching their problems and whether they are now dealing with them. Encourage them to raise questions, engage in the administration of their care regimens, or know as much about their condition or care as practicable, if necessary, through any means of promoting knowledge.
- **Coping.** Respect the coping method of someone, whatever it is: avoidance, isolation, denial, constructive reframing, etc. There are numerous strategies to manage, and note, coping is a safe approach to move over a crisis. Provide suggestions for new or potentially alternative coping mechanisms, such as journal writing, mental speech, painting, or pet therapy.

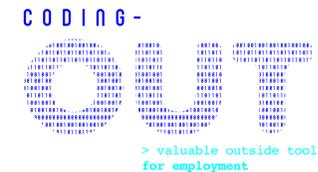


# The Seven C's of resilience:

- **Confidence.** Help to create confidence by rewarding the young adult for meeting challenges and by imputing it to what they had achieved, rather than attributing it to good luck or chance. Provide resources to create confidence one move at a time, but help young people appreciate one achievement before going to the next challenge.
- **Connection.** Giving someone a clear sense of emotional protection by allowing him or her to convey all his or her feelings, and to embrace and help him or her, whatever emotions can be conveyed. Feeling noticed tends to reinforce interpersonal connections.

# The Seven C's of resilience:

- **Character.** Reinforce someone' sense of character by having their understand of who they are, what their beliefs are, and what strengths and talents they have and should have while communicating with others.
- **Control.** People who understand that they can influence, by deciding and taking actions, their future are more likely to become resilient. The understanding that someone can make the difference empowers competency and trust.

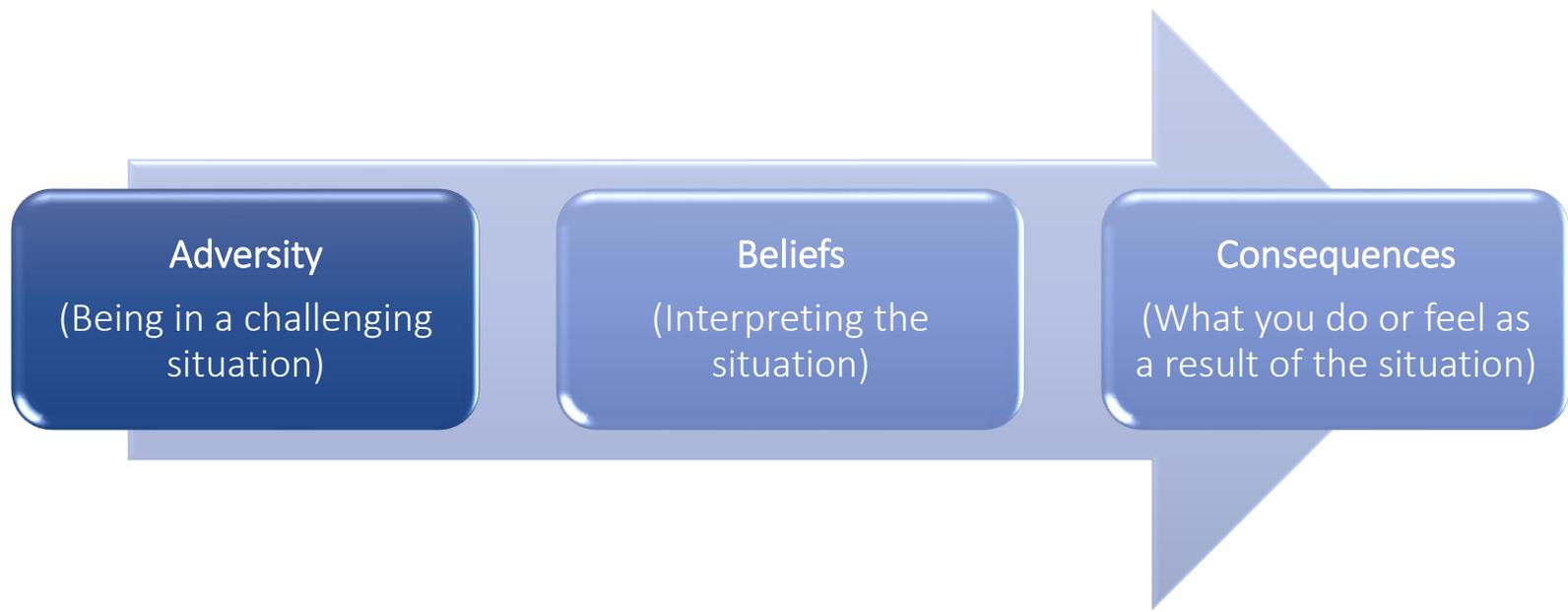


# The Seven C's of resilience:

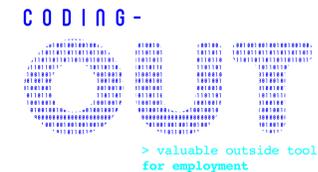
- **Contribution.** Enable someone to realise that although he or she might be able to gain more than he or she can offer, the world is a happier place when he or she is in it. Find scenarios where a young adult may genuinely believe like he is improving and consider opportunities to incorporate such circumstances into his or her existence.

# Model of resilience – self-awareness:

Self-awareness is something that certain people take for granted and believe they are, of course, conscious of themselves through merely being alive. This is valid to some degree, but it is not the sort of self-awareness that we are thinking about today. Knowing just how you felt, what your values, abilities, and shortcomings are, is also part of self-awareness.





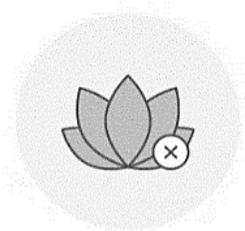


# Benefits to practicing self-awareness:

- It can make us more optimistic, improve our self-recognition and promotes healthy self-development;
- Self-awareness helps one to view life from other's viewpoint, to exercise self-control, to work actively and productively, and to feel confident, as well as overall self-esteem;
- It contributes to stronger decision-making;
- It will make us happier, stronger communicators at work, and improve our self-confidence and job-related well-being.



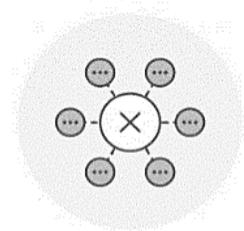
# Barriers to self-awareness:



Lack of  
mindfulness



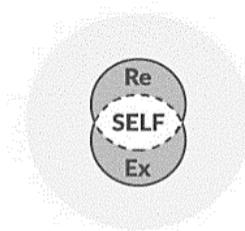
Cognitive  
bias



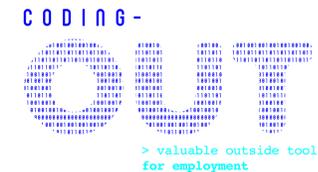
Unwillingness to  
seek feedback



Confirmation  
bias



Remembering Self v  
Experiencing Self



# Resources:

## Related videos in English:

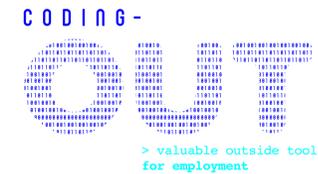
- <https://www.youtube.com/watch?v=BU5IZIBIRBc>
- <https://www.youtube.com/watch?v=gcbTmw1Y48I>
- <https://www.youtube.com/watch?v=1FDyiUEn8Vw>

## Related videos in Portuguese:

- <https://www.youtube.com/watch?v=Oo2ZbjU1ZeM>
- <https://www.youtube.com/watch?v=hFwN93b10jg>
- <https://www.youtube.com/watch?v=M2IaHwG9eF8>

## Related videos in Spanish/and neutral:

- <https://www.youtube.com/watch?v=dKx7FimruH4>
- <https://www.youtube.com/watch?v=mdKVDuM5uYM>
- <https://www.youtube.com/watch?v=4naUjhtOIMl>
- Resiliencia - 5 Claves Para Ser Una Persona Resiliente  
[https://www.youtube.com/watch?v=cGDy\\_BlhO28](https://www.youtube.com/watch?v=cGDy_BlhO28)
- Resiliencia y empatía  
[https://www.youtube.com/watch?v=UU1EPQCr4\\_4](https://www.youtube.com/watch?v=UU1EPQCr4_4)



# Activities

## Your turn!

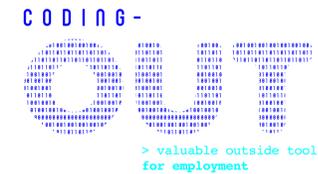
### Activity 1.

#### The Purpose Check-up

The purpose of this activity is to do a short check-up exercise that allows you to reflect, take inventory, and recharge.

Please read each statement carefully and take a few moments to decide on a true response for yourself.

Then write the number that most nearly reflects that response.



# Activities

## Your turn!

### Activity 2.

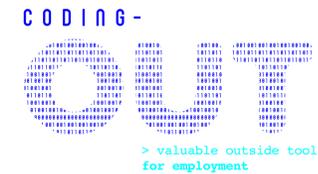
#### Daily-life cases on resilience questionnaire

A questionnaire is going to be delivered to the participants by the trainer. On the questionnaire you will find some questions representing hypothetical daily-life cases and possible ways to face those situations.

You will be asked to choose one of the answers and explain the reason you have chosen that option.

There are no correct answers. The goal is to discuss with others the reasons that lead to the choice.

After all participants finish their questionnaires, you will be asked to share your thoughts and reasons with the rest (voluntarily).



# Activities

## Your turn!

### Activity 3.

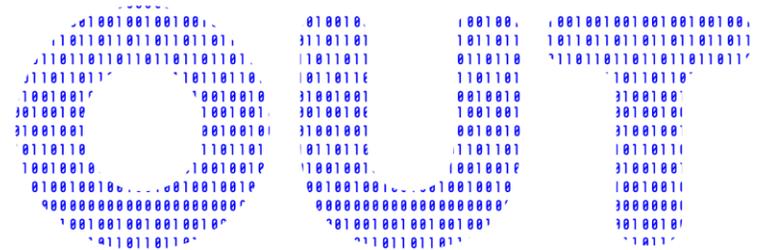
#### Storyteller

In this activity, the trainer will ask, one by one, to tell a situation/occasion where you have experienced more or less the same as the examples before and how you dealt with that feeling and faced the situation.

The activity is volunteer.

Ex: Being fired.

## C O D I N G -



> valuable outside tool  
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# Unit 2 – Working in programming

Subunit 2.2. - Resilience