



The BeTalent Resilience questionnaire and card sort exercise, developed by Dr Amanda Potter, were scientifically researched and designed to understand how people operate under pressure, their derailers, and how to develop coping strategies for success, protect against stress and prevent burnout.

The BeTalent Resilience Model

The BeTalent Model of Resilience is based on 9 bipolar scales of mental wellbeing including Anxious-Carefree and Impatient-Composed, expanding on the original Eysenck (1964) research on Neuroticism. Using a norm group of over 600 global managers and professionals, the questionnaire assesses individual potential for derailment under pressure.

How does it work?

Users complete a 12-minute secure questionnaire via the website or app and receive a full interpretive report highlighting clear risks and coping strategies for building resilience at work. The BeTalent Resilience questionnaire is used to support assessment, coaching and team workshops to improve efficiency, wellbeing and performance.



Become a BeTalent Resilience Practitioner

HR and Talent colleagues can become certified users through a half day accreditation course. The half day, plus pre and post work, is designed for professionals with experience of psychometric products. For £300 +VAT you can become trained, this cost includes one pack of Resilience cards.

What are the benefits of using the Resilience Questionnaire?

Focusing on the mental wellbeing and developing the resilience of your employees can help to:

- Enhance productivity and reduce levels of absenteeism (Resilience Institute, 2019);
- Improve sleep quality, physical health and reduce workplace accidents due to greater alertness and focus (Resilience Institute, 2019);
- Help people to focus on strengths and protect against mental health problems such as depression and anxiety (Mental Health Foundation, 2010);
- Give individuals permission to talk about subjects often regarded as taboo and create a culture that cares for employee's and their wellbeing;
- Reduce the likelihood of burnout as a result of workplace stress (Burnout is a significant predictor of low levels of job performance; often caused by role overload, role conflict and lack of manager support, Kwang & Kim, 2009).

Resilience is a skill that can be learnt, so individuals are more likely to view setbacks as opportunities to learn (Centre for Confidence and Wellbeing, 2006).

How much does it cost?

The cost for the Resilience questionnaire and online card sort ranges from £40 to £45 depending on the report option selected, Mini or Full (not including administration). The Resilience Card Sort Packs are £25 per box.



Contact us

To find out more about our training please go to www.betalent.com, email accreditation@betalent.com or contact the office on +44(0)208 645 0222.



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