

Resilience Factors



Personal Resilience

Bonnie Benard



Personal Resilience:

Resiliency Bonnie Benard, 2004 A few years ago resiliency theory was relatively new to the fields of prevention and education Today it is at the heart of hundreds of school and community programs that recognize in all young people the capacity to lead healthy successful lives The key as Benard reports in this synthesis of a decade and more of resiliency research is the role that families schools and communities play in supporting and not undermining this biological drive for normal human development Of special interest is the evidence that resiliency prevails in most cases by far even in extreme situations such as those caused by poverty troubled families and violent neighborhoods An understanding of this developmental wisdom and the supporting research Benard argues must be integrated into adults vision for the youth they work with and communicated to young people themselves Benard s analysis of how best to incorporate research findings to support young people is both realistic and inspirational It is an easy to read discussion of what the research has found along with descriptions of what application of the research looks like in our most successful efforts to support young people

Personal Resilience : the New Field of Lifestyle Medicine Walter, Mark, 1994 *Resilient School Leaders* Jerry L. Patterson, Paul Kelleher, 2005 *Resilient School Leaders* answers a fundamental question How can leaders move ahead in the face of adversity Every education leader faces difficult situations and seemingly impossible odds Where do they find the confidence and energy to keep working for what they believe in despite setbacks and opposition Drawing on current research in a variety of disciplines including performance psychology physiology and education Jerry L Patterson and Paul Kelleher first outline the three sources of resilience capacity personal values efficacy and energy Then they share the personal insights of 25 highly regarded educational leaders including Gene Carter Roland Barth and Michael Fullan These insights illustrate how leaders can increase their own resilience Patterson and Kelleher lifelong educators themselves distill their research into the six strengths that enable resilient leaders to powerfully influence organizational culture Accurate assessment of the past and current reality Positive views of the future True commitment to personal values Strong sense of personal efficacy Wise investment of personal energy Courage to act on convictions Premised on a belief in hope and optimism in the face of life s storms *Resilient School Leaders* offers a reliable road map for navigating through the modern day challenges in our schools You ll come away from this book with renewed confidence in your ability to achieve your goals no matter what obstacles you encounter along the way *Ironwill 360° Leadership* Douglas P. Pflug, 2024-12-10 *Ironwill 360 Leadership Moving Forward* by Douglas Pflug is a captivating journey into the future of leadership in 2025 and beyond tailored for forward thinking visionary leaders hungry for success Prepare yourself for twelve game changing trends from mastering Digital Mindfulness to igniting Purpose Driven Leadership Pflug s insights on Remote Leadership Skills Adaptive Learning and Inclusive Leadership are your secret weapons for navigating today s dynamic world Dive into Resilience Ensuring Sustainability and Human Centric Leadership to discover the roadmap to survive and thrive Uncover the delicate

dance between AI and EQ unlock the power of collaboration and master the art of Nurturing Collaborative Leadership for sustained success But that s not all Pflug goes beyond boundaries introducing Holistic Spirituality and redefining ethical leadership with a universal touch In a compelling call to action the book challenges you to be a force for positive change through service charity and philanthropy Ironwill 360 Leadership isn t just a guide it s your ticket to transforming leadership into a powerful legacy that resonates with impact and purpose Get ready to lead with Ironwill 360 Leadership the future starts now Are you prepared to answer the call to action GET READY TO LEAD WITH IRONWILL 360 LEADERSHIP THE FUTURE STARTS NOW ARE YOU PREPARED TO ANSWER THE CALL TO ACTION For more information about Doug or details on his book Finding Your Granite My Four Cornerstones of Personal Leadership please visit www.RiseUpAndExcel.ca

Emotional Resilience Geetu Bharwaney,2015-05-14 The first definitive comprehensive practical book on developing emotional resilience for business Emotional resilience makes the difference between whether you cope or not with stressful situations this book will help you build your emotional resilience so you can overcome any work challenge Follow the emotional resilience roadmap to build your long term resilience and learn how to quickly adapt to challenging situations as and when they occur

Self-management and Leadership Development Mitchell Grant Rothstein,Ronald J. Burke,2010-01-01 This book is based on a really important timely and relevant idea to bring together sources on the self management of leadership development The book is important because almost all leadership development relies to a great degree on the leader s capability to manage his or her personal development It is timely because there is currently no single volume that covers the topic and it is relevant because leadership is such an extremely important issue for the success of our organizations countries and society in general The editors have done a thoroughly professional job in identifying top quality authors and combining their contributions into a very worthwhile volume Ivan Robertson University of Leeds UK Self Management and Leadership Development offers a unique perspective on how leaders and aspiring leaders can and should take personal responsibility for their own development This distinguished book is differentiated from other books on this topic with its view on the instrumental role played by individuals in managing their own development rather than depending on others such as their organization to guide them Expert scholars in the area of leadership emphasize the importance of self awareness as the critical starting point in the process Explicit recommendations are provided on how individuals can manage their own self assessment as a starting point to their development The contributors present insights and practical recommendations on how individuals can actively self manage through a number of typical leadership challenges Business school faculty teaching electives in leadership and managers who engage in leadership development for themselves or others should not be without this important resource Consulting firms and training institutions offering leadership development programs and participants in MBA and executive development programs will also find it invaluable

Responses to 7 October: Law and Society Rosa Freedman,David Hirsh,2024-05-29 One of three volumes responding to the 7 October

attack Law and Society begins with a legal and a genocide studies critique of the claim that Israel is genocidal another reflects on the absence of an understanding of antisemitism in international legal discourse There are reflections on experiences in the Palestine solidarity movement and on the twists that discourse there takes Contributions draw on Judaism feminism and sociology to face what happened and to trace how Israelis were transported back to a quintessentially pre Israel Jewish experience Others survey reports of antisemitism around the globe in the wake of 7 October including pieces about Britain and Germany This work will appeal to scholars students and activists with an interest in antisemitism Jewish studies and the politics of Israel *Women, Work and Transport* Tessa Wright, Lucy Budd, Stephen Ison, 2022-10-17 *Women Work and Transport* is an international collection that brings together researchers with global expertise in gender and transport work to provide original evidence of the experiences of women working in all transport modes across countries in the Global North and the Global South *The "BASIC Ph" Model of Coping and Resiliency* Mooli Lahad, Miri Shacham, Ofra Ayalon, 2013 This book outlines the theory behind the BASIC Ph approach presents practice based and research based interventions and explains their application during and in the wake of both natural and man made disasters This book shows how the BASIC Ph model can be successfully applied in family community education health and business settings

Bullying by Peers and in the Family: Precursors, Consequences and Intervention Dieter Wolke, Young Shin Kim, Anat Brunstein Klomek, Tracy Vaillancourt, Andre Sourander, 2021-12-03 **Critical Perspectives on Police Leadership** Davis, Claire, Silvestri, Marisa, 2020-03-11 In a critical analysis of conventional understanding leading authors Claire Davis and Marisa Silvestri present bold new conceptualisations of police leadership Drawing on empirical research in criminology sociology and leadership studies they present a thoughtful critique of the nature and practice of leadership in contemporary policing The book Critically explores the identities of leaders and their positions within wider organisational structures and processes Provides a critique of contemporary reform to police professionalisation training and education equalities and diversity by situating these developments within wider historical social and political context Draws on critical theory to offer an alternative challenging and novel interpretation of police leaders as not simply the result of individual experiences and attitudes but of the social institutional and historical processes of policing and the cultures that exist within it Points towards future directions and a reimagining of leadership in the police Accessible and stimulating this is an essential text for policing students and valuable reading for current leaders and those interested in policing criminology and leadership **Handbook of Positive Psychology and Indian Thought Systems** Geetika Dutta, Girishwar Misra, Shalini Gupta, 2025-06-18 This handbook explores the intersection of positive psychology and Indian thought systems in education to create a generation of future citizens who are not only well educated but also happy and well rounded It discusses mental hygiene well being flow resilience gratitude happiness mindfulness and happiness curriculum With contributions from esteemed scholars and practitioners this book offers comprehensive coverage of positive psychology Indian thought systems

and their applications in education It bridges the gap between theory and practice providing readers with the knowledge and tools to create positive educational experiences that promote well being resilience and happiness The book is a valuable academic resource for practitioners and students in psychology educational psychology and education It is also helpful for parents educators and anyone interested in promoting well being and eternal happiness in our educational institutions and society

Disaster Risk Irasema Alcántara-Ayala, Christopher Gomez, Ksenia Chmutina, Dewald van Niekerk, Emmanuel Raju, Victor Marchezini, Jake Rom Cadag, JC Gaillard, 2022-10-13 The text offers a comprehensive and unique perspective on disaster risk associated with natural hazards It covers a wide range of topics reflecting the most recent debates but also older and pioneering discussions in the academic field of disaster studies as well as in the policy and practical areas of disaster risk reduction DRR This book will be of particular interest to undergraduate students studying geography and environmental studies science It will also be of relevance to students professionals from a wide range of social and physical science disciplines including public health and public policy sociology anthropology political science and geology

The Rules of Security Paul Martin, 2019-05-16 This book demystifies and explains a subject that affects every one of us in our private lives and at work Security is a practical discipline concerned with safeguarding lives property information wealth reputations and social wellbeing It is the basis of civilised society People businesses and nations cannot thrive in its absence whereas the right kind of security frees us to live fulfilling lives But deciding what is needed and then making it happen is not easy The threats to our security are complex and continually evolving as criminals hackers terrorists and hostile foreign states continually find new ways of staying one step ahead of us their potential victims At the same time we are continually creating new vulnerabilities as we adopt new technologies and new ways of working Those who do not understand the fundamentals of security risk and resilience open themselves and those around them to avoidable dangers needless anxieties and unnecessary costs Inadequate security may leave them exposed to intolerable risks while the wrong kind of security is expensive intrusive and ineffective In his essential new book world leading security expert Paul Martin sets out the ten most important guiding principles of protective security and resilience Clearly expressed in the form of simple but powerful rules of thumb their purpose is to help solve complicated problems for which there are no textbook solutions The rules offer a powerful toolkit designed to work in many different situations including the cyber domain When we are faced with novel problems requiring complex decisions it is easy to focus on the wrong things These rules remind us what really matters The psychological and behavioural aspects of security are key themes throughout the book People lie at the heart of security The criminals terrorists and hackers are social animals with complex emotions and psychological predispositions So too are the victims of those attackers and the security practitioners who strive to protect us The human dimension is therefore crucial to understanding security The Rules of Security will help anyone with an interest in their own security and that of their home family business or society It will be indispensable to those in positions of responsibility allowing them to understand how best

to protect their organisation people and assets It assumes no expert technical knowledge and explains the ideas in clear and simple terms It will appeal to anyone with an interest in security If you read only one book about security it should be this one *Imaging and Assessing Mobile Technology for Development* Richard Musabe, John Sören Pettersson, 2024-04-08

Imaging and assessing mobile technology for development M4D means understanding the use of appropriate technologies and services and how they directly or indirectly address socio economic challenges This book adopts various perspectives to identify the obstacles to affordable digital technologies in order to enable enhance and effect development The book plays on the tension between success reports and optimistic projections on one hand and empirical evidence of technological belly splash on the other hand The areas covered include infusion of service education in computing education the Rwandan establishment of African Centres of Excellence to promote the development of appropriate technology the metaverse s realisation in a mobile network enabled metaversity and difficulties detected when evaluating digitisation of distance learning students security awareness dissemination of agricultural information and mobile payment The decolonisation of community based media and attempts to step outside the mobile network and Internet are also covered Women in Construction Patience Tunji-Olayeni, Clinton Aigbavboa, Abimbola Windapo, Ayodeji Oke, 2024-11-25 This edited book aims to provide a collection of scientific evidence on gender issues in the construction industry that contributes to discussions on equality gender diversity and inclusion in the built environment it also provides baseline data for policy design and future research on women in the built environment Presenting research findings from Africa India and Australia the aims of this book are broad and it begins with an assessment of the gender based challenges in the construction sector from the perspective of two generations of women It goes on to discuss the issues affecting the recruitment and career progression of women in construction and also to proffer solutions to the low turnout of women in the construction industry Further chapters cover issues on the retention and persistence of women in the sector despite the perceived gender rooted challenges Research into female leadership in the construction industry is also presented in this book with specific focus on the management of construction sites quantity surveying practice and digital leadership This book ends with a discussion on the impact of gender consideration on the sustainability of construction businesses accessibility of housing finance and infrastructure provisions such as markets The research in this book is key reading for scholars of construction management gender studies and DEI and the workplace Soft Skills for Human Centered Management and Global Sustainability Maria-Teresa Lepeley, Nicholas Beutell, Nureya Abarca, Nicolas Majluf, 2021-03-09 This book is part of the Human Centered Book Trilogy the 2021 volumes of the Routledge Human Centered Management HCM Series HCM books are pioneering transformation from the traditional humans as a resource approach of the industrial past to the humans at the center management and organizational paradigm of the 21st century HCM is built on the talent and wellbeing of people in the workplace driving work engagement quality standards high performance and productivity to attain long term organizational

sustainability in the global VUCA volatile uncertain complex ambiguous environment This book was carefully crafted by recognized international human centered scholars from four continents Models presented bridge persistent Soft Skills gaps in management and business and particularly between education and the workforce due to excessive testing and hard technical skills In contrast with hard skills Soft Skills are transferable across jobs industries and applicable to all dimensions of life Soft Skills are the common language of empathy collaboration team building resilience and agility transforming organizations Human and social challenges cannot be solved only with hard skills This is a must read Soft Skills manual for survival and success based on attributes all human beings possess but not everybody is optimizing to excel in life and work This and its two complementary titles Human Centered Organizational Culture Global Dimensions and Sensible Leadership Human Centered Insightful and Prudent are timely readings for leaders managers researchers academics practitioners students and the general public responsible for organizations across industries and sectors pursuing quality standards organizational transformation and sustainability

The Security Consultant's Handbook Richard Bingley, 2015-09-17 A compendium of essential information for the modern security entrepreneur and practitioner The modern security practitioner has shifted from a predominantly protective site and assets manager to a leading contributor to overall organisational resilience Accordingly The Security Consultant's Handbook sets out a holistic overview of the essential core knowledge emerging opportunities and approaches to corporate thinking that are increasingly demanded by employers and buyers in the security market This book provides essential direction for those who want to succeed in security either individually or as part of a team It also aims to stimulate some fresh ideas and provide new market routes for security professionals who may feel that they are underappreciated and overexerted in traditional business domains Product overview Distilling the author's fifteen years experience as a security practitioner and incorporating the results of some fifty interviews with leading security practitioners and a review of a wide range of supporting business literature The Security Consultant's Handbook provides a wealth of knowledge for the modern security practitioner covering Entrepreneurial practice including business intelligence intellectual property rights emerging markets business funding and business networking Management practice including the security function's move from basement to boardroom fitting security into the wider context of organisational resilience security management leadership adding value and professional proficiency Legislation and regulation including relevant UK and international laws such as the Human Rights Act 1998 the Data Protection Act 1998 and the Geneva Conventions Private investigations including surveillance techniques tracing missing people witness statements and evidence and surveillance and the law Information and cyber security including why information needs protection intelligence and espionage cyber security threats and mitigation approaches such as the ISO 27001 standard for information security management Protective security including risk assessment methods person focused threat assessments protective security roles piracy and firearms Safer business travel including government assistance safety tips responding to crime kidnapping protective approaches to

travel security and corporate liability Personal and organisational resilience including workplace initiatives crisis management and international standards such as ISO 22320 ISO 22301 and PAS 200 Featuring case studies checklists and helpful chapter summaries The Security Consultant's Handbook aims to be a practical and enabling guide for security officers and contractors Its purpose is to plug information gaps or provoke new ideas and provide a real world support tool for those who want to offer their clients safe proportionate and value driven security services About the author Richard Bingley is a senior lecturer in security and organisational resilience at Buckinghamshire New University and co founder of CSARN the popular business security advisory network He has more than fifteen years experience in a range of high profile security and communications roles including as a close protection operative at London's 2012 Olympics and in Russia for the 2014 Winter Olympic Games He is a licensed close protection operative in the UK and holds a postgraduate certificate in teaching and learning in higher education Richard is the author of two previous books Arms Trade Just the Facts 2003 and Terrorism Just the Facts 2004

Advances in Global Leadership Joyce S. Osland, B. Sebastian Reiche, Betina Szkudlarek, Mark E. Mendenhall, 2019-11-18 Advances in Global Leadership Volume 12 updates researchers and practitioners on the state of the field and ongoing research gaps Part I presents new empirical studies Part II features pioneering scholars and trainers in the Practitioner's Corner Contributors range from well known voices to newly minted scholars with fresh perspectives

Breaking the Silos Ofra Walter, Phil Fitzsimmons, Jonathan Kasler, Surekha Routray, 2024-08-20 This book offers a new look at well being from a multidisciplinary standpoint Research from industry clearly indicates that factors such as creativity critical awareness well being interdisciplinary understanding of positive psychology and the ability to form strong relationships will determine the viability of organizations as collectively we enter the second half of the twenty first century Thus a sound understanding of how these facets become melded into entrepreneurship the workplace environment and creative innovation is a requirement for individuals in the workplace With a dearth of information about these facets as individual components and as a collective whole this book draws these elements of overall well being into a multidisciplinary focus Thus with chapters covering diverse fields such as philosophy education economics mathematics and medicine the book offers a fresh approach to how positive psychology impacts entrepreneurship

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