

# RESILIENCE FACTOR

## Solution Oriented

To program your attitude towards solution orientation, we recommend the following strategy. A constructive approach to crisis or difficulties is not to analyse and search for causes or culprits. Think of the problem as a riddle. This will allow a reassessment to take place. Now ask yourself the right questions to solve the puzzle.

**Mental reprogramming works much better if you write them down.**

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## IDENTIFYING OPPORTUNITIES AND CHALLENGES

- ✓ What (small) challenges have you already mastered today? What can you be proud of?

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- ✓ What skills can you train and develop through the current requirements?

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- ✓ What advantages and opportunities arise from the current challenges or those that lie ahead?

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## DEALING WITH CONCRETE PROBLEMS

- ✓ Have I ever had a similar situation? How did I deal with it? What helped?

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- ✓ How do other people solve similar problems? (Friends, colleagues and experts, own research)

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- ✓ Who exactly could help me find solutions?

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