



## ACCREDITATION COURSE RESILIENCE QUESTIONNAIRE

The Resilience Questionnaire assesses key aspects of psychological resilience - the thinking patterns and behaviours that influence how individuals respond to pressure, setbacks, and change at work.

While most roles involve some degree of challenge and stress, individuals differ in how they interpret and respond to these demands. Resilience has been shown to play a critical role in sustaining performance, well-being, and adaptability across changing organisational environments.



You helped us find new ways of working that made us more resilient and productive. We have seen performance improvements across the business, and we are busy sustaining these improvements.

- Senior Vice President, Sanofi



 **RESILIENCE**





## Course Overview

This accreditation course equips practitioners with the knowledge and skills required to use the Resilience Questionnaire confidently and effectively within workplace settings.

The tool can be applied across a wide range of talent and development activities, including coaching, leadership development, organisational change, high-potential programmes, redeployment, and restructuring. Research demonstrates that higher levels of resilience are associated with improved performance, reduced stress, faster recovery from setbacks, and sustained well-being at work.

## Learning Outcomes

- Understand the concept of resilience and its relevance to workplace performance
- Learn how to use the Resilience Questionnaire in applied organisational contexts
- Gain confidence in delivering clear, development-focused feedback

## Who Will Benefit?

- Independent and in-house consultants
- HR, L&D, and OD professionals
- Organisational psychologists
- Coaches
- Hiring managers

## Reports Available

- Feedback report
- Candidate feedback report
- Assessor report
- Combined assessment reports

To find out more about the Resilience Questionnaire accreditation, please email [coursesme@talogy.com](mailto:coursesme@talogy.com)



Visit Us

 Talogy