

1. I learn from my mistakes and use them to improve the way I do my job.

Never Rarely Sometimes Often Always

2. I remain calm and focused under high-pressure situations.

Never Rarely Sometimes Often Always

3. I engage in self-reflection to continuously improve my performance.

Never Rarely Sometimes Often Always

4. I demonstrate adaptability to changing work environments or conditions.

Never Rarely Sometimes Often Always

5. I readily embrace new opportunities for skill development and learning.

Never Rarely Sometimes Often Always

6. I consistently find ways to stay energised and focused throughout the work day.

Never Rarely Sometimes Often Always

7. I seek opportunities to mentor and support others in developing their resilience.

Never Rarely Sometimes Often Always

8. I actively engage in self-care practices to support my overall well-being.

Never Rarely Sometimes Often Always

9. I effectively manage my time to balance competing work demands.

Never Rarely Sometimes Often Always

10. I feel comfortable expressing my opinions and ideas in team meetings and discussions.

Never Rarely Sometimes Often Always