CTBTO, IAEA, UNIDO, UNOV/UNODC JOINT
DIGNITY AND INCLUSION LEARNING INITIATIVE

Resilience Toolkit

→ LinkedIn Courses
  • Building Resilience by Tatiana Kolovou
  • Developing Adaptable Employees by Gary Bolles

→ LinkedIn Videos
  • Develop grit and resilience in your protégé by Ellen Ensher
  • The resilience mindset by Gemma Leigh Roberts

→ HBR Articles
  • The Secret to Building Resilience by Rob Cross, Karen Dillon, and Danna Greenberg
  • Resilience Is About How You Recharge, Not How You Endure by Shawn Achor and Michelle Gielan
  • 7 Strategies to Build a More Resilient Team by Keith Ferrazzi, Mary-Clare Race, and Alex Vincent
  • 6 Types of Resilience Companies Need Today by Paul Polman and Andrew Winston

→ Videos
  • Getting stuck in the negatives (and how to get unstuck) | Alison Ledgerwood | TEDxCDCalifornia
  • Developing a Growth Mindset with Carol Dweck
  • Circle of Influence | FranklinCovey

→ Breathing exercises
  • Dr. Weil explains how to do his 4-7-8 breathing technique

→ Self-assessment Tool
  • Self-assessment tool on Strengths Based Resilience