

Introduction: Resilience—Beyond Bounce-Back to Grow-Through

In the coaching and supervision world, resilience is often framed as “bouncing back”. But in truth, it’s more than recovery: it’s about adapting, learning, growing through the challenge. Research defines resilience as the capacity to successfully navigate adversity and come out the other side with new strength.

These videos approach resilience in three complementary ways:

- The meaning and dimensions of resilience
- Practical support for building resilience
- Guided practice to cultivate emotional robustness

Use them to deepen your own resilience and equip your clients with tools to thrive—not just survive—in change and challenge.

1. What Does Resilience Mean? RISE (2022)

Provides a conceptual overview of resilience through the lens of the RISE framework (six dimensions: physical, social, cognitive, spiritual, service, life-skills). Highlights how resilience isn’t just personal grit but a holistic capacity to adapt, transform and build new skills in the face of adversity

2. Supporting Resilience

Focuses on how environments, relationships and systems support resilience — how we don’t build resilience in isolation, and how clients benefit from coaching that includes systems of support, connection and resources. (If you like, I can pull out timestamps and key quotes for this one.)

3. What Is Resilience: Top 5 Tips To Improve Your Resilience

A concise, pragmatic video produced by AXA Global Healthcare, listing five evidence based tips: breaking problems down, focusing on positives, building support networks, self-care, knowing your limits. Great for quick client hand-outs.

4. 20 Minute Guided Meditation to Build Emotional Resilience | Experience Inner Peace and Clarity

A guided meditation practice designed to cultivate emotional resilience – through breath, body awareness and inner steadiness. A ready-to-use resource you can drop into coaching sessions or encourage clients to practice.