

## Interpersonal support at work: Measuring staff resilience

**Goal:** Knowing that the work we do is difficult, organizations increase their understanding of staff resilience

### **Strategy 1**

Add questions about resilience to prospective employee interviews. The organization will better understand new staffs' views on resilience and, in the long run, will have a more resilience-focused workforce.

### **Strategy 2**

Staff resilience is measured at various time points during their employment.