

# Resilience Institute Announces the Latest Evolution in Resilience Measurement for the Workplace

*The latest version of the Resilience Diagnostic assessment offers a simplified end-user experience with enhanced group reporting and benchmarking capability.*

LAUSANNE, VAUD, SWITZERLAND, March 6, 2023 /EINPresswire.com/ -- Drawing on two decades of research and development, the [Resilience Institute](#) announces the fifth generation of its Resilience Diagnostic and Development Model.



The Resilience Digital Toolkit

With resilience becoming a key strategic objective for many organizations, leaders are seeking research-based tools for measuring and benchmarking the resilience of their teams. Bob Sternfels, Global Managing Partner of McKinsey & Company, recently stated: "Our research shows two things: 1) failure to invest in resilience is costly and far exceeds the cost of weather proofing ahead of disruptions; and 2) resilient organizations outperform non-resilients before, during and after crisis."

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Version 5 of our Resilience Diagnostic integrates engagement, wellbeing, mental health, EAP, resilience and performance indicators into one five-minute confidential assessment.”

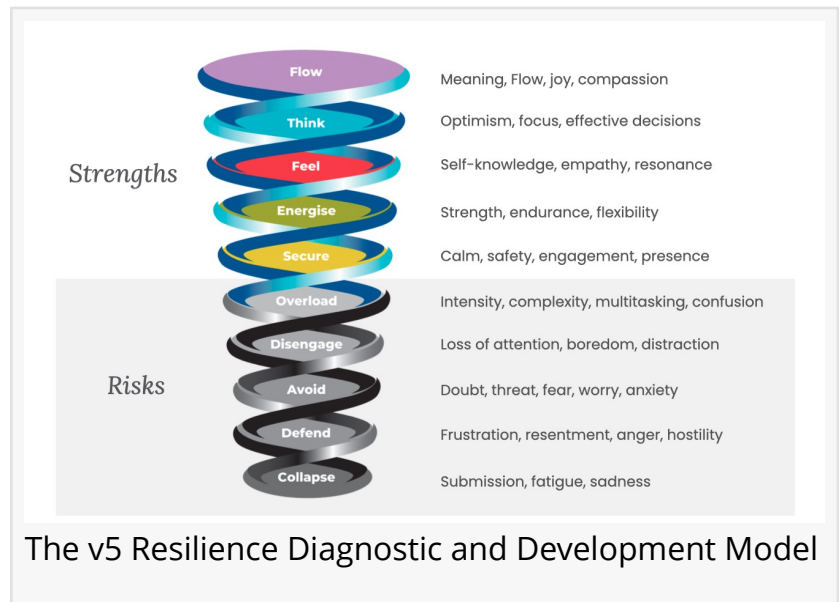
*Dr Sven Hansen*

The evolution of the Resilience Institute framework and toolkit addresses the concerns of organizations wishing to bolster human strengths and mitigate risks such as mental distress. It also delivers advanced benchmarking capability and insights, enabling leaders to target training interventions based on the areas most in need of attention.

Resilience Institute founder, Dr Sven Hansen, said, “Version 5 of our Resilience Diagnostic

integrates engagement, wellbeing, mental health, EAP, resilience and performance indicators into one five-minute confidential assessment."

Version 5 of the Resilience Diagnostic incorporates Polyvagal Theory and Evolutionary Biology, highlighting the importance of nature and environmental stewardship. The tool is simpler and faster to use and further strengthens the Resilience Institute's proven v4 model and psychometrics. Upon submitting the assessment, individuals receive a comprehensive, confidential report detailing their personal strength and risk factors mapped to 10 categories of the resilience spiral.



Organizations receive comprehensive and multi-perspective group reports highlighting:

- Fitness to perform
- Mental skills
- Emotional intelligence
- Well-being
- Engagement
- Resilience
- Mental Health

Dr Sven Hansen said, "With detailed aggregate scoring on 50 factors, organizations gain knowledge for [precision training](#) and skillful leadership. Featuring global benchmarks for industry, age and gender, you know exactly what your people and your teams need. With an annual assessment, you can track the impact and success of your initiatives. You save by integrating multiple assessments into one proven tool."

For the month of March 2023, the Resilience Institute is inviting individuals and organizations to [pilot version 5 of the Resilience Diagnostic](#) for free.

About the Resilience Diagnostic

The Resilience Diagnostic is an assessment tool that provides comprehensive insights across multiple dimensions of human resilience, including mental fitness, well-being, emotional intelligence, cognitive skills, and high performance. Individuals receive a rich, interactive report featuring action plans, traffic light signals, and comprehensive resource libraries. HR executives and leaders receive reports highlighting the strengths and risks across the team, with custom

reporting categories and benchmarking capability.

The Resilience Diagnostic was launched in 2008 and has been used by organizations globally to measure, map and benchmark resilience competencies across their teams. The ability to measure resilience provides a blueprint for the Resilience Institute's Precision Training programs.

#### About the Resilience Institute

The Resilience Institute is the world's leading provider of resilience research, training, and technology solutions. They work with organizations that believe in growing people to elevate performance and transform culture. With their research-based digital toolkit and a network of expert consultants, they deliver training to Fortune 500 companies, SMEs, NGOs, sports teams, universities, and governments via regional hubs worldwide.

The Resilience Institute Global is a B Corp Certified (Pending) organization.

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