Resilience, Adaptability and Drive Skills

What are Resilience, Adaptability and Drive Skills?

- Manage personal and professional identity
- Maintain performance under pressure
- Demonstrate flexibility and adaptability in response to changing situations
- Demonstrate determination and drive
- Handle conflict effectively
- Balances work and personal life
- Cope with uncertainty or ambiguity
- Display a desire to undertake new challenges
- Demonstrate energy, drive, enthusiasm, passion
- Act on own initiative
- Deal positively and pro-actively with set-backs and criticism

How can I develop my Resilience, Adaptability and Drive skills?

- Mentoring
- Become a Course Rep
- Fundraising for a charity – give yourself a target!
- Trying new things

How might I have developed this skill during my studies at University of Leicester?

- Multiple assignments running concurrently
- Variety of learning methods
- Strong academic achievement

Example:

How might you demonstrate Resilience, Adaptability and Drive Skills in your CV? You can use the list above where appropriate but remember to evidence how you gained or developed the skills. For example:

- I am a driven individual with a well-established ability to deal positively with set-backs. For example, when a group member dropped out at the last minute before a major presentation, I confidently delivered their part as well as mine allowing our group to still gain a high mark.