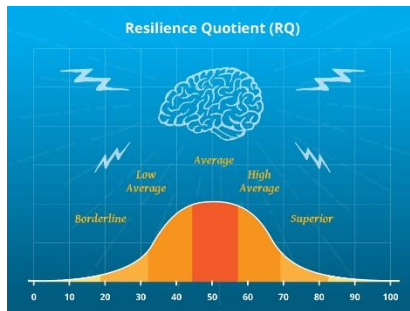


## Resilience Quotient (RQ)

First there was IQ, then EQ, and now RQ, a measure of our innate plus learned ability to deal with acute and chronic distress.

Resilience can be further used to measure elasticity (E), durability (D), endurance (N), flexibility (F), positivity (P) and capacity (C), all of which extend beyond our ability to overcome adversity. This is about how we navigate all of life's challenges.



Just as physical immunity is to psychological health, or learning is to intellectual health, resilience is the key to psychological health.

Our RQ is critical to overcoming some of the greatest challenges to education including student learning loss, job retention and even preventing violence.

This work of improving our resilience is called *Prosilience*. The better we become at improving the nine specific elements or building blocks for resilience, the greater our RQ.

The challenge with previous measures of resilience is a lack of longevity or directional trends, which is important in understanding whether we are moving toward or away from psychological health and at what rate.

With a concept as complex as resilience we require a dynamic assessment tool that helps us see the whole and the sum of our parts, or how these 9 elements come together to form a whole person.

To heal from the past few years and begin making strides toward stabilizing our wounded system, we need to find the right balance between self-care and system-care. At TeacherCoach, we are introducing the most advanced system in the world to identify, intervene, and assess our efforts to support education communities.

Reach out to us today for a free consultation at [www.teachercoach.com](http://www.teachercoach.com).