



# ASSESSMENT **WORKBOOK**

*Resilience and Grit*

*L/615/2246*

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# Introduction

This workbook has been developed so that you are able to collect and present evidence that demonstrates your knowledge and skills in relation to resilience and grit.

There are different sections that make up this workbook in order to make sure you are able to complete all of the tasks necessary but you will be provided with support as you move along by your Assessor.

Further learning materials and support is available through your studying membership of the Institute of Enterprise and Entrepreneurs. If you haven't yet received your login please speak to your Assessor who will be happy to sort this out for you.

This unit contains three learning outcomes and will support you to be able to:

- Understand the importance of resilience
- Understand how to develop resilience
- Understand the importance of grit

The evidence within this workbook will be assessed by,

**Assessor Name:**

and will be quality assured by,

**Internal Quality Assurer Name:**

Your Assessor will support you to plan how best to demonstrate your knowledge and skills which may be through the completion of the activities within this workbook or may include additional tasks best suited to you.

If any additional tasks are to be completed these will be listed in the table below with target dates for which you should try your best to complete each task listed.

<b>Task</b>	<b>Target Date</b>	<b>Re-planned Target Date</b>
Completion of the activities included within this workbook		

By signing below you agree to completing the work as detailed above and working with your Assessor to achieve this by the deadlines indicated.

**Learner Name:**

**Signature:**

**Date:**

**Assessor Name:**

**Signature:**

**Date:**

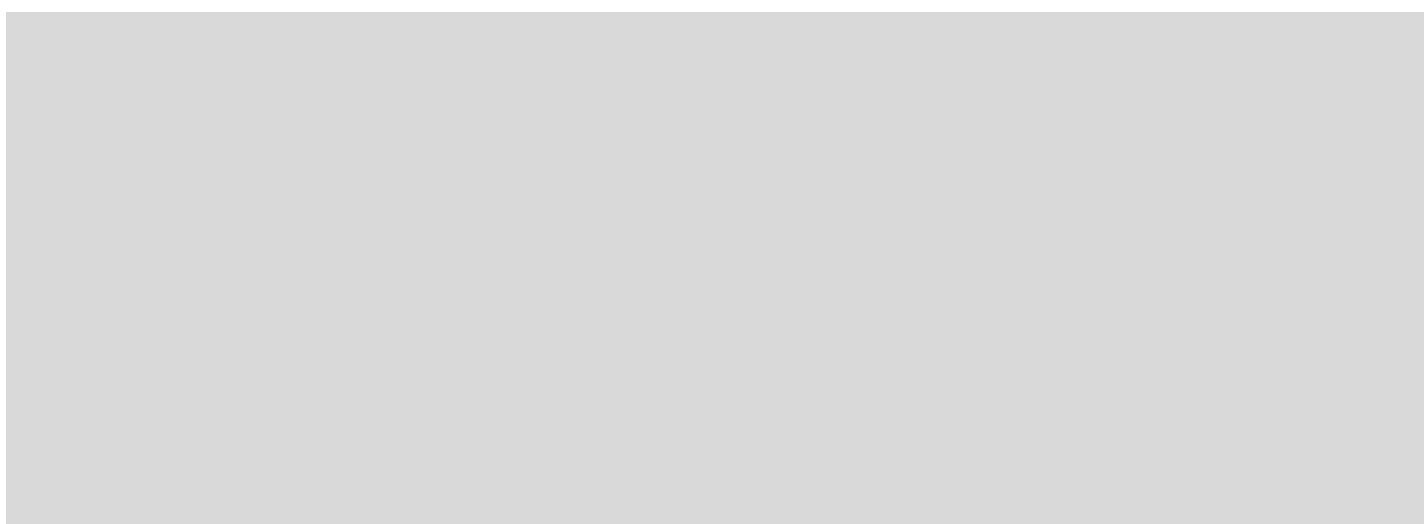
# Activities

## Activity 1

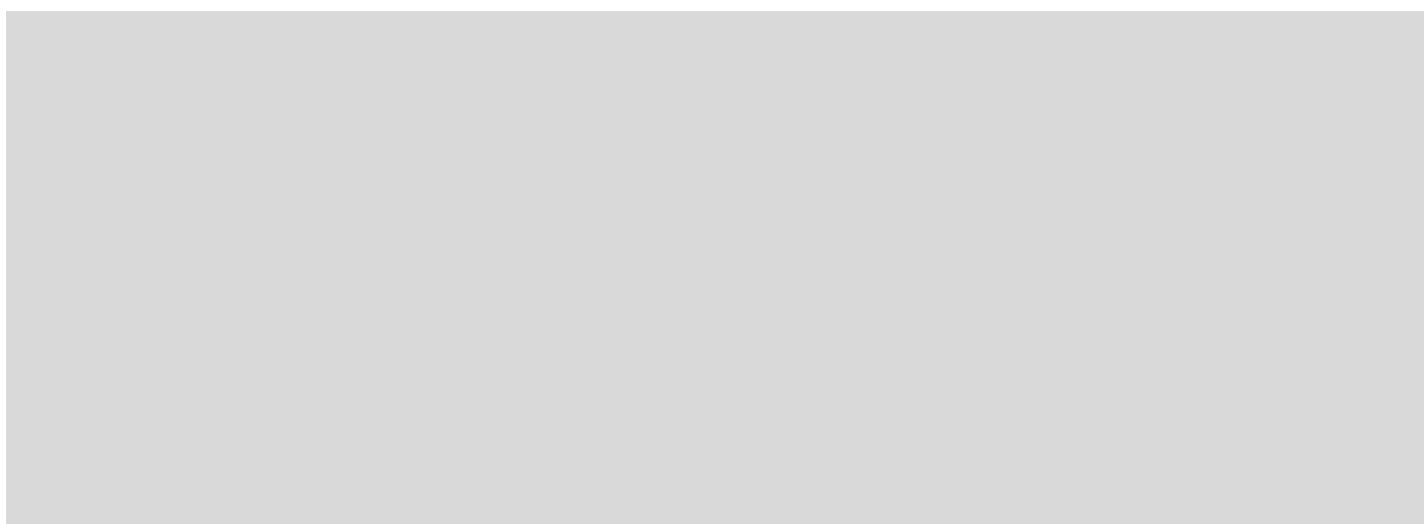
We all experience points in our lives where we face challenges, difficulties and issues. Often we are told by friends and colleagues, 'be strong, you'll get through this', or, 'you need to be more resilient', but why is it important to be resilient?

In the boxes below explain what is meant by the term resilience and why it is an important enterprising character trait

### Resilience is...



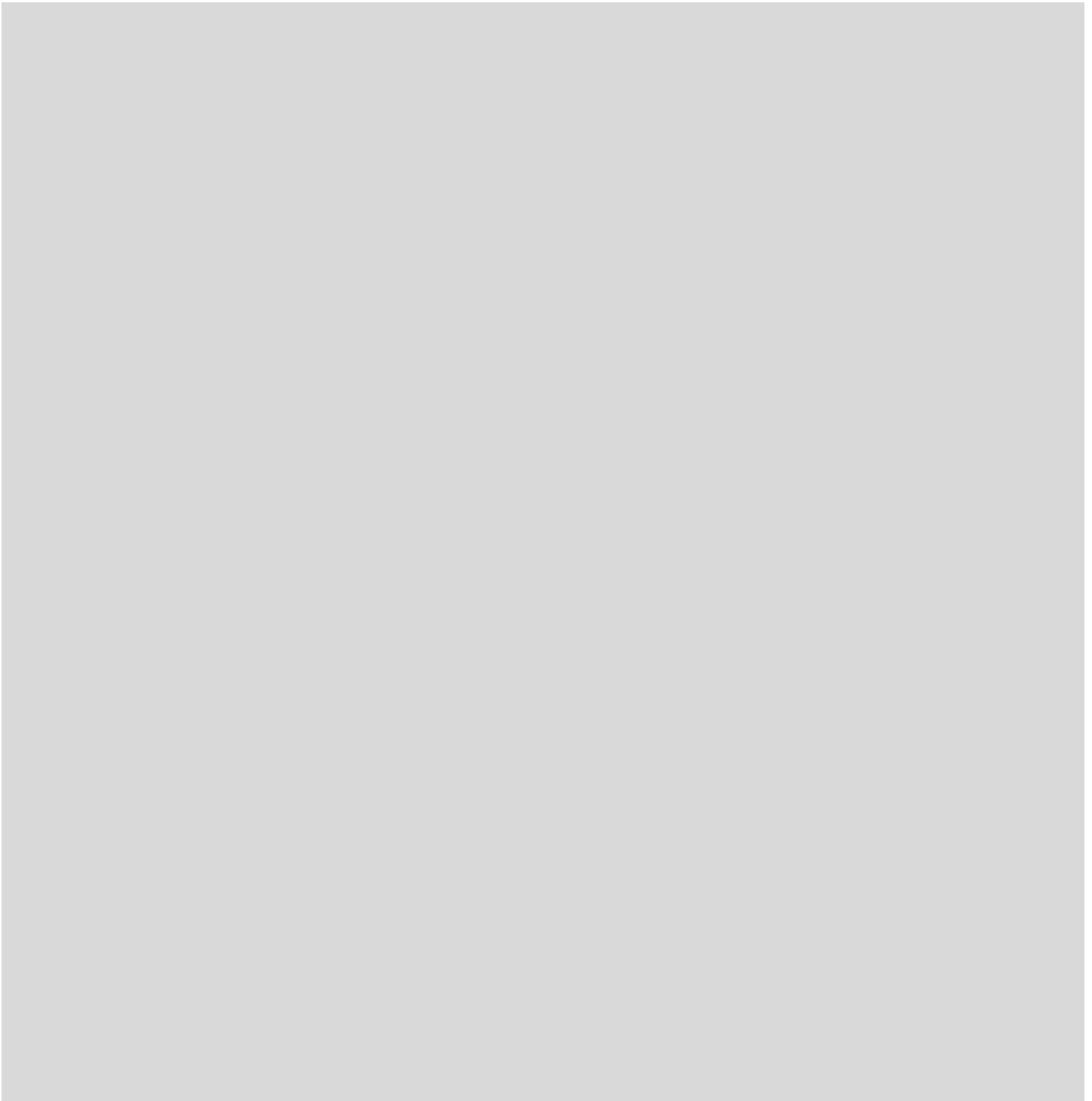
### Resilience is important because...



## Activity 2

There are many techniques to help develop resilience, in the box below describe ways of improving your own resilience

**I can develop my own resilience levels by...**

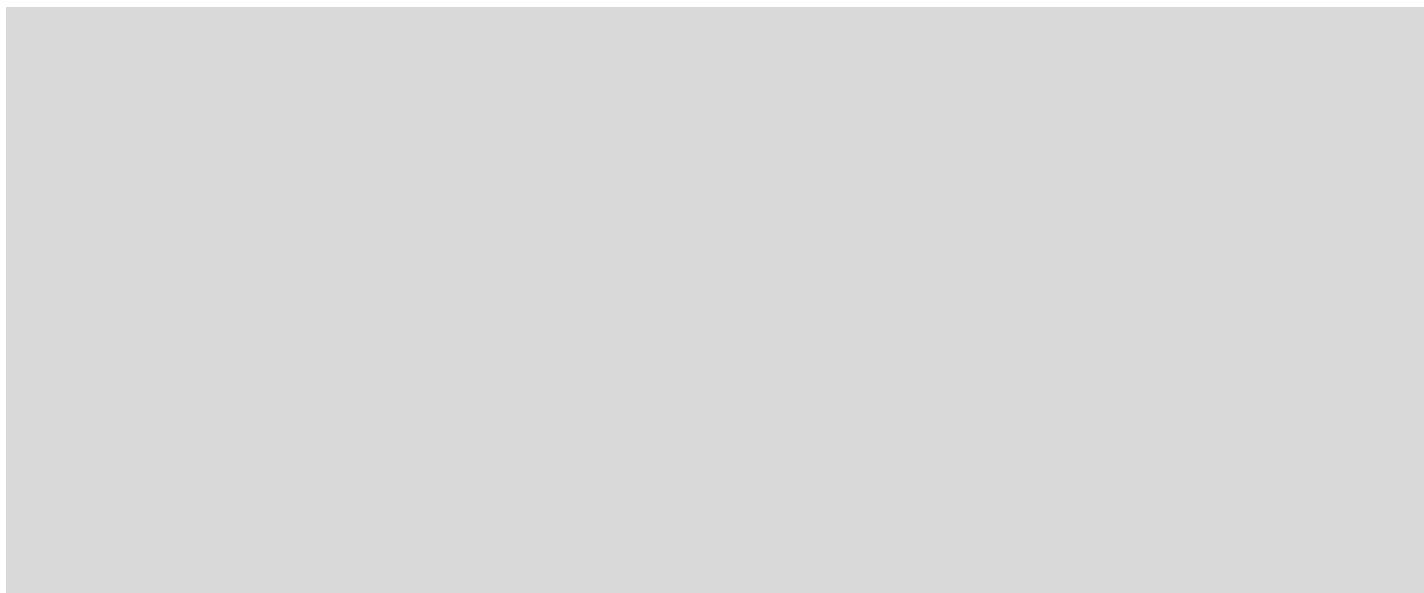


Resilience isn't the only trait that can help you to navigate your way through some tough times whether within work or your personal life, grit is something you may have heard of but don't quite understand.

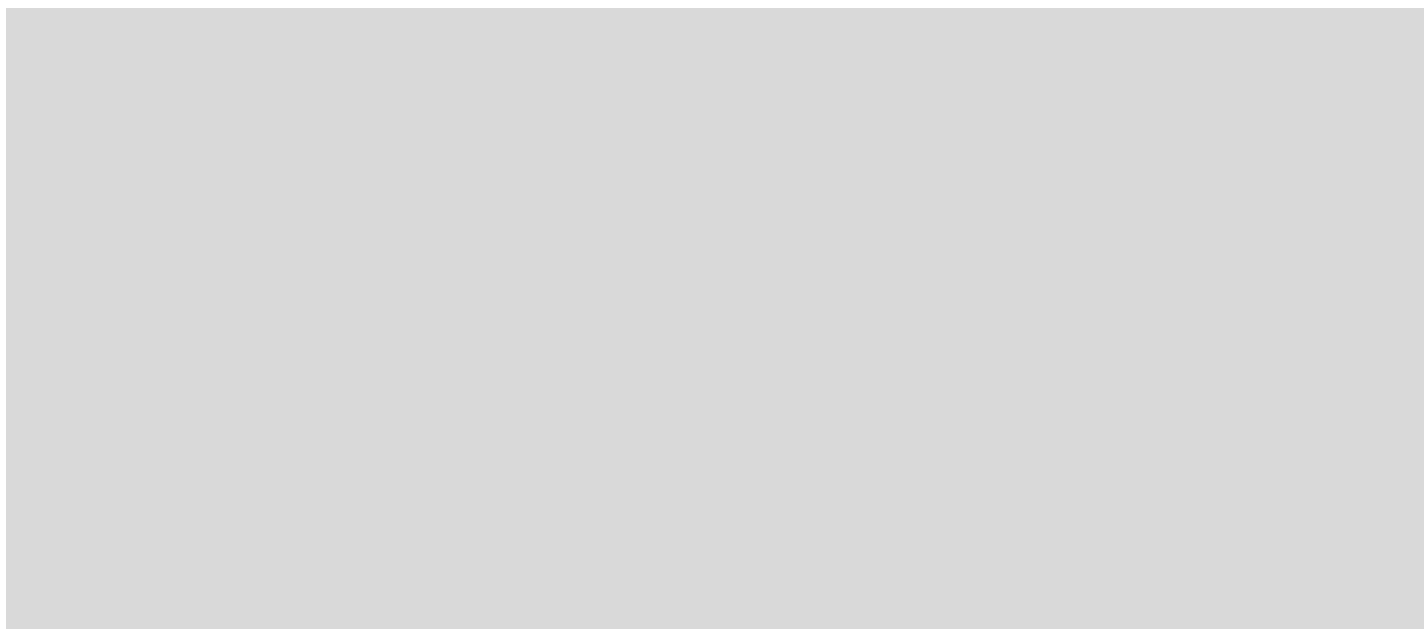
Both resilience and grit together can support you in finding a clear path through even when it doesn't seem possible.

In the boxes below explain what is meant by the term grit and why it is an important enterprising character trait

### **Grit is...**



### **Grit is important because...**



# Activity Mapping

Now you have completed the activities to demonstrate your knowledge and skills it is time for your Assessor to map your work against the standards listed below.

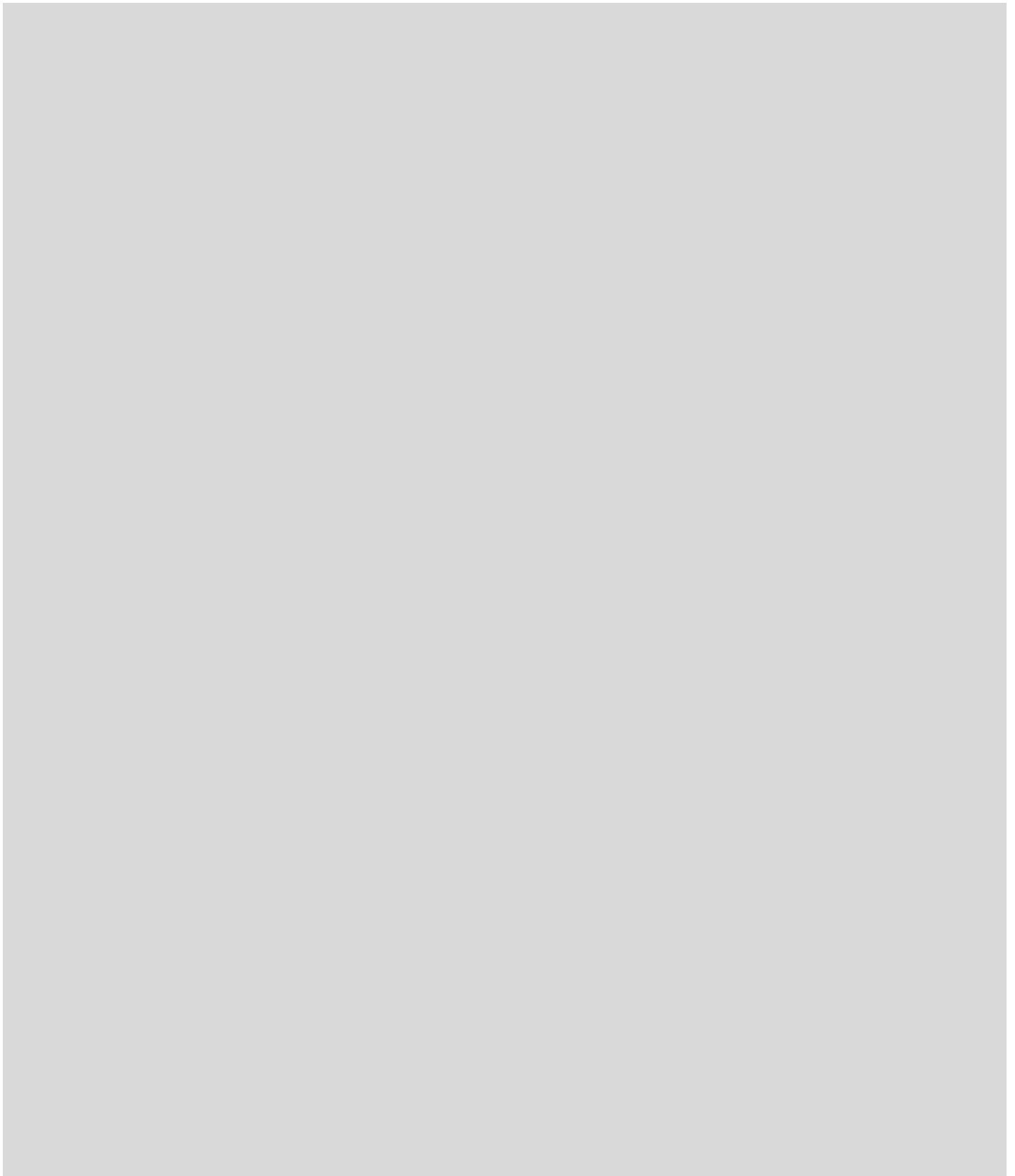
By doing this they will be making sure that the work you have provided by completing the activities meets the requirements for you to gain your certificate.

Your Assessor will provide you with feedback on how you have done and whether any more work may be required.

<b>Assessment Criterion - The learner can:</b>	<b>Activity Number or Reference Number of Additional Activities:</b>	<b>Assessor Signed Off ( / ):</b>
Explain what is meant by resilience	1	
Explain why resilience is an important enterprising character trait	1	
Explain how resilience can help develop own enterprising character	1/2	
Identify and describe ways of improving own resilience	2	
Explain what is meant by grit	3	
Explain why grit is an important part of an enterprising character	3	



# Assessor Feedback



# Authenticity Declarations

## Learner Declaration

By signing this declaration you agree that the evidence provided within this workbook has been produced by you and meets the requirements of being authentic, sufficient, valid and current to the standards required.

**Learner Signature:**

**Date:**

## Assessor Declaration

By signing this declaration you agree that you have assessed all of the evidence produced within this workbook and have ensured that the work is that of the learner. You are also declaring that during the learning process you have ensured that the evidence is authentic, sufficient, valid and current to the standards required.

**Assessor Signature:**

**Date:**

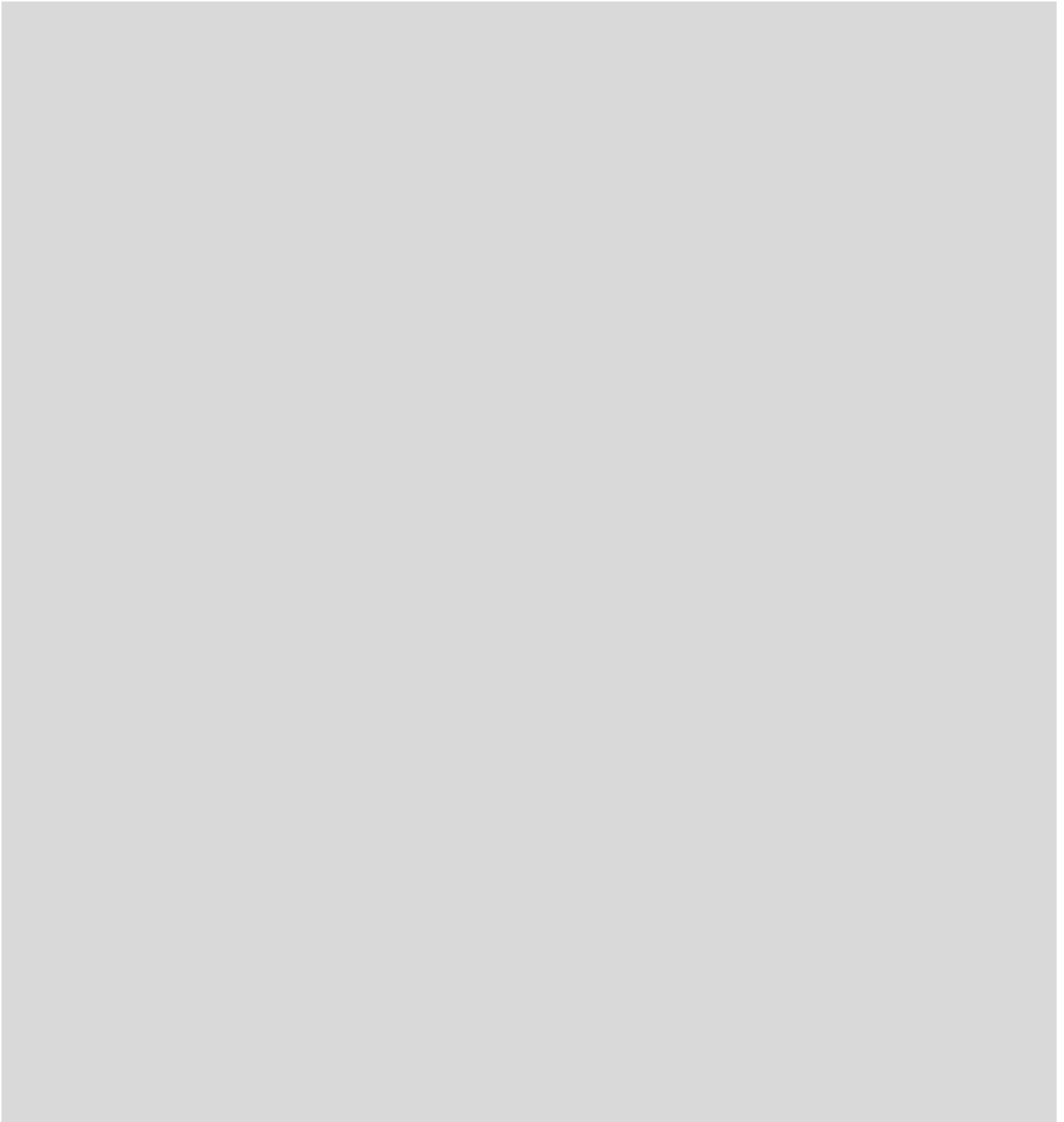
**IQA Signature (if applicable):**

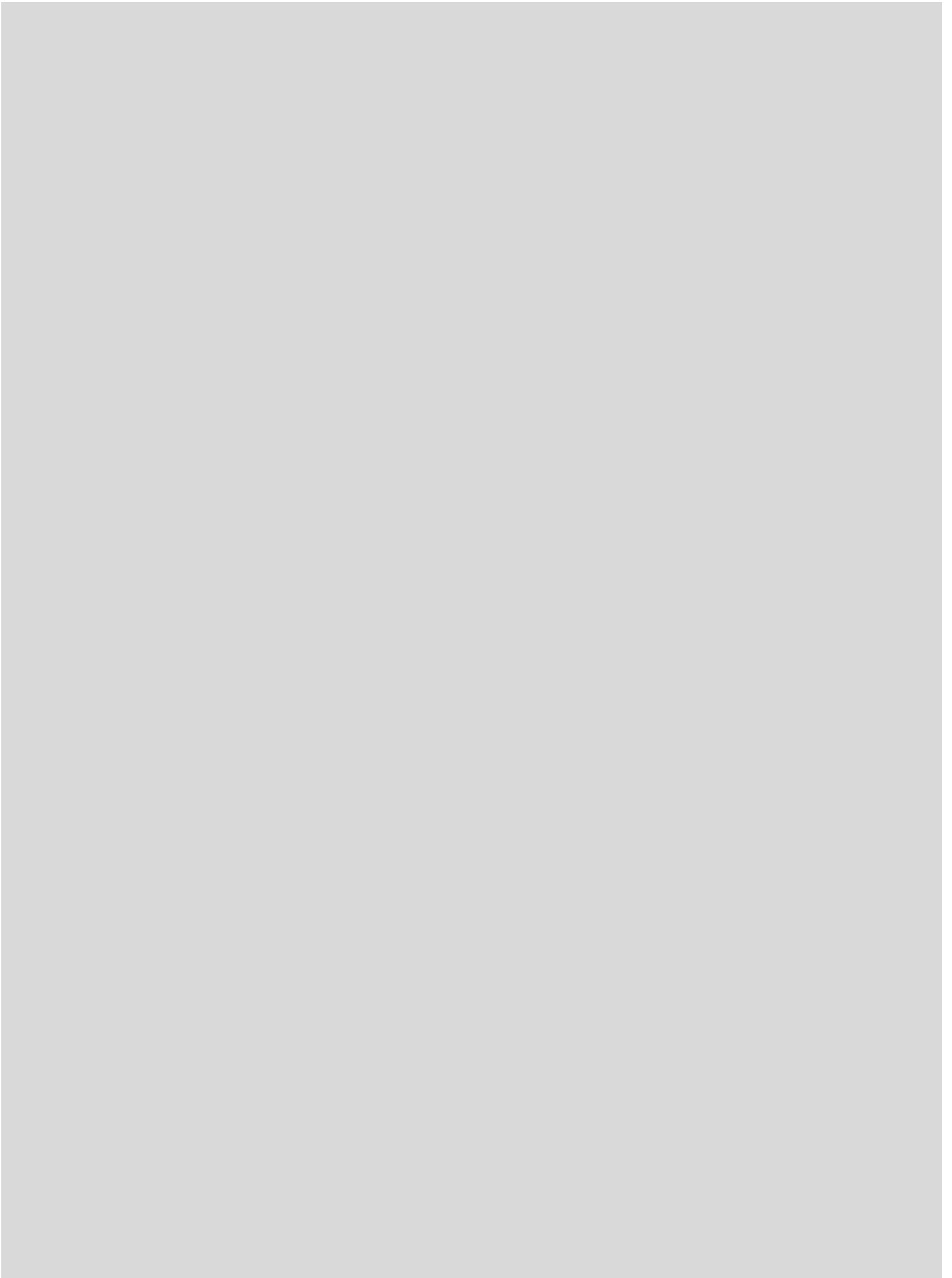
**Date:**

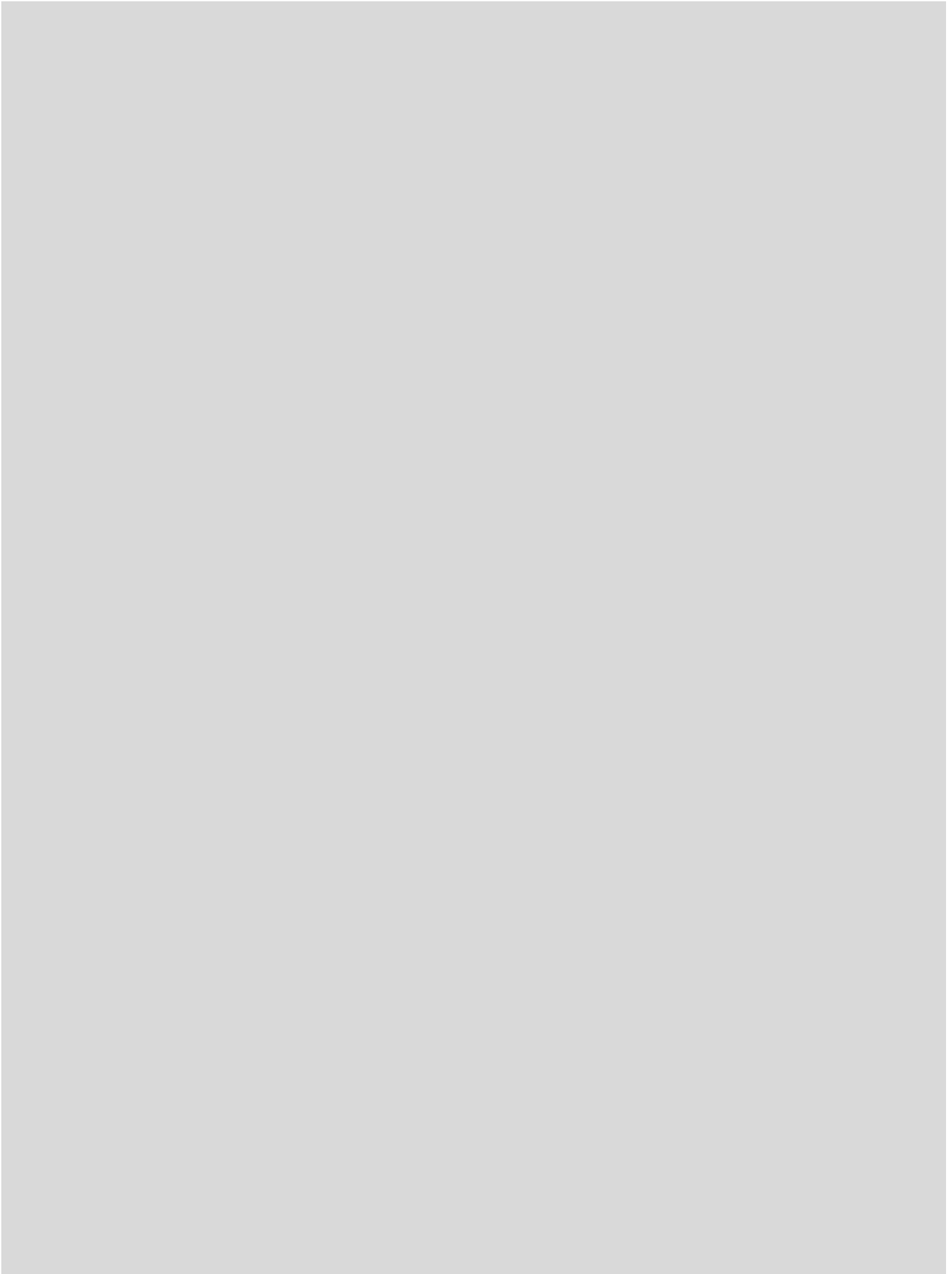
# Additional Evidence Forms

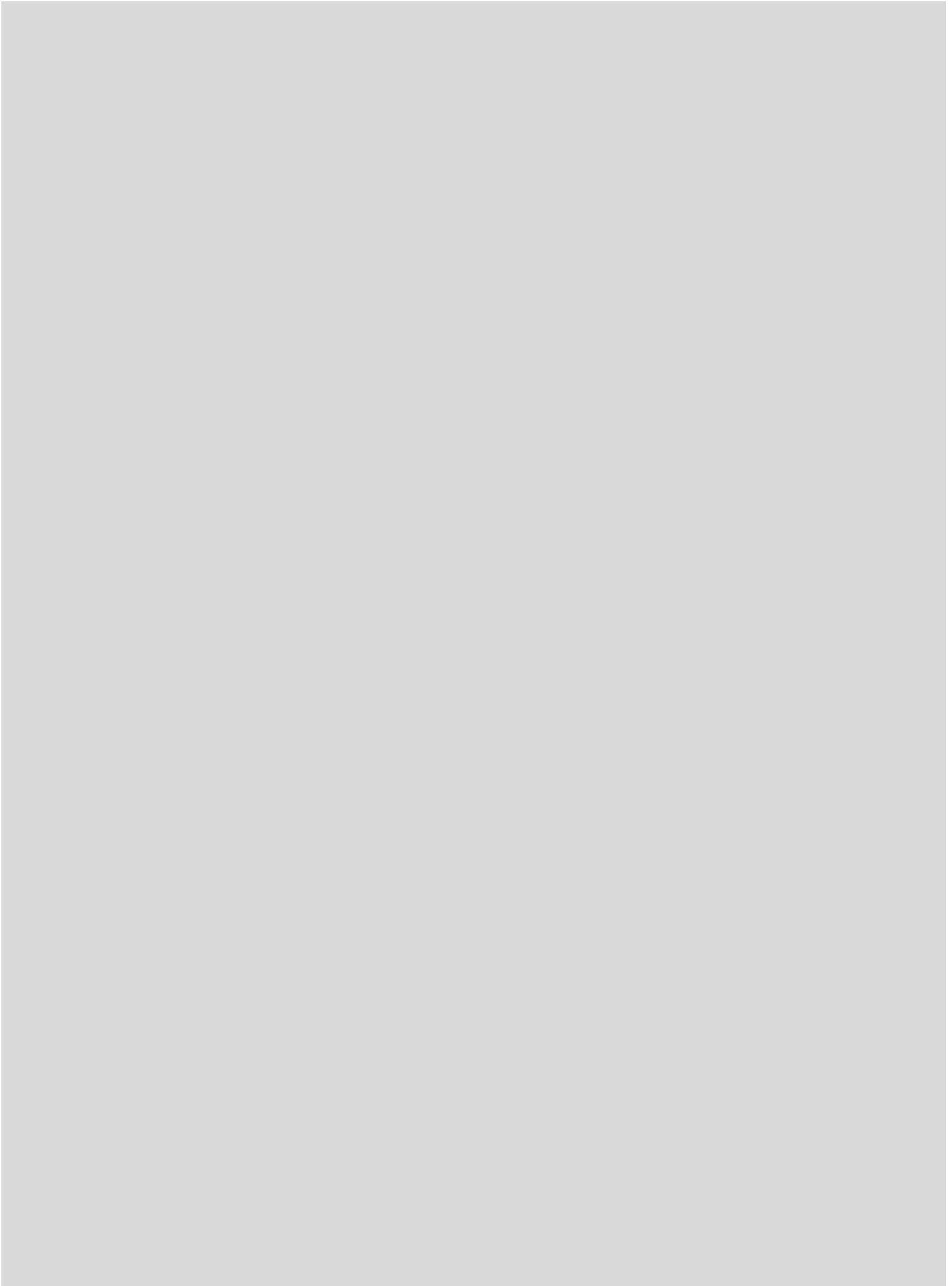
Use these additional forms in order to record additional evidence for the activities within this workbook where additional space is required.

Ensure that each piece of evidence entered on these forms is clearly labelled with the corresponding activity number.

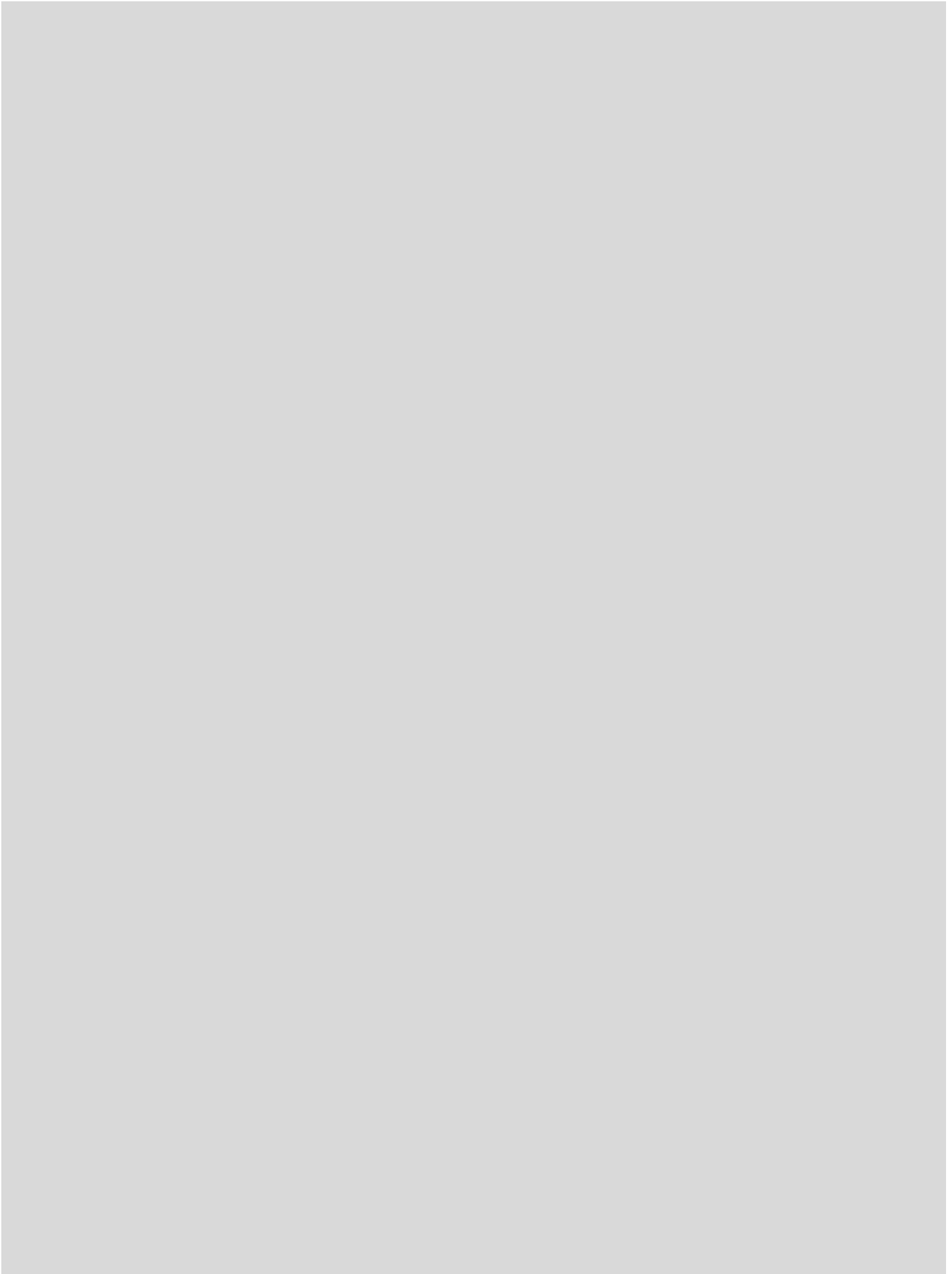














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