GROUP AND SOCIAL RESILIENCE BUILDING

HISTORY:
- **Physics:** elasticity, buoyancy, the ability to quickly return, often stronger, to the original shape.
- **Biology (Darwin):** survival of the most resilient
- Children
- Adults
- Families
- Groups

PERSONAL RESILIENCE (Stefan Vanistendael, 1994): the combination of:
- the innate human capacity to face adversity and resist destruction,
- the willingness to evolve and develop oneself in spite of adverse conditions, and
- the use of the adversity itself to learn and transform oneself.

SOCIAL GROUP RESILIENCE: the ability to face internal or external crisis and not only effectively resolve it but also learn from it, be strengthened by it and emerge transformed by it, both individually and as a group (Brenson-Lazan, 2003).

FACTORS IN RESILIENCE DEVELOPMENT:

- **Personal Development:** the group stimulates and reinforces a responsible autonomy in each member:
  - the sense of personal identity and role
- perceptual and behavioral flexibility
- self-awareness and self-correction
- self-esteem and self-confidence

**Interpersonal Development:** the group creates, stimulates and reinforces spaces and processes for effective interpersonal synergy:
- the value of diversity
- empathic listening
- participation and dialogue
- mutual affection, forgiveness and self-help

**Vision:** the group together develops its direction:
- a set of shared values
- a promising vision of the future
- the integration of individual goals and aspirations with those of the group

**Strategic Thinking:** the group develops a mission and the necessary competencies to achieve it:
- set realistic goals
- elaborate strategies to achieve them
- promote group reflection, introspection and self-correction
- constructively and creatively resolve its challenges, problems and conflicts
- ask for help when it is needed
- measure and evaluate results