

Building Resilience

YWCA Building Sustainable Futures

Prepared by YWCA Toronto as part of the curriculum of **Success Ready**, the program documented for Phase Three of the YWCA Building Sustainable Futures project.



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Lesson Description

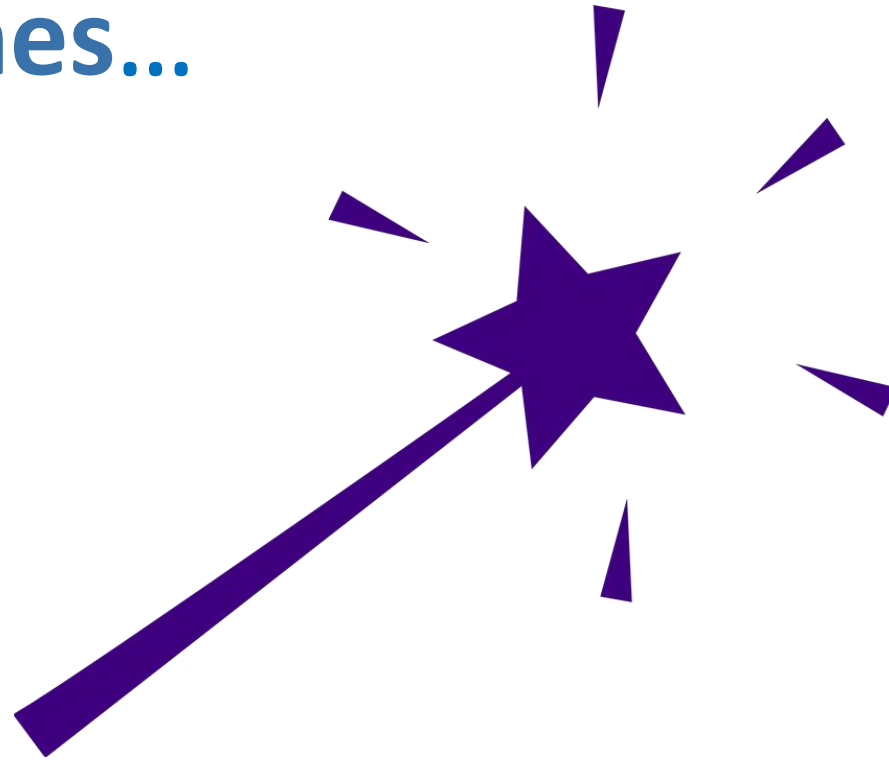
This lesson will provide you with an understanding of resilience as a foundation for success and a positive outlook for developing and reaching your work and life goals.

Lesson Outcomes

At the end of this workshop, you will be able to:

- describe what “assets” are in the Building Sustainable Futures framework;
- explore the importance of all five asset areas toward building a livelihood;
- understand how building assets leads to greater resilience;
- assess and “map” your current assets;
- use the framework to develop plans for building and/or developing your assets.

Three wishes...



Let's talk "Livelihoods"

A livelihood is about more than a job...

- It's more than being able to find and keep a job, or to survive from paycheque to paycheque.

A livelihood is about:

- having the ability to cope in life, and to recover from stresses and shocks;
- being able to make decisions and have a say;
- being included in the community;
- enjoying a good quality of life.

What are “assets”?

- Assets are the building blocks for making positive changes and managing challenges in our lives, in order to build our resiliency.
- They can support us in creating a sustainable livelihood for ourselves and our families.
- Building a well-rounded or “holistic” range of assets in different areas of our lives increases our resilience and enhances our ability to move forward with our goals.
- Now let’s reflect on our assets in five key areas, using an Asset Mapping Tool...

YWCA BUILDING SUSTAINABLE FUTURES INDIVIDUAL ASSET MAPPING TOOL



What is an Asset?

Assets are the building blocks for a future.

Assets can be: What you know, your “lived experience,” your skills and abilities, your learning and training.

Skills and Employability Assets

These are the assets that enable you to get and keep a job.

Examples include:

- Education
- Experience
- Skills
- Ability to set goals
- Being healthy—mentally and physically
- Problem-solving, self-management skills



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Basic Needs Assets

These assets provide a stable base for moving ahead and making changes.

Examples include:

- Housing (quality, affordable)
- Food security
- Personal safety
- Childcare/elder care
- Recreation
- Access to information (computers, internet, etc.)

Identity Assets

These are the assets you have “within yourself.”

Examples include:

- Self-esteem, self-confidence
- Motivation to succeed
- Spirituality
- My identity: “Who am I?”
- Feeling in control over my life and my decisions

Financial Assets

These assets include earnings, money management, and knowledge about financial security.

Examples include:

- Income
- Savings
- Ability to manage debt
- Valuable possessions
- Understanding money/money matters
- Control over my money and assets



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Support and Connections Assets

These assets include the connections you can draw upon to reach your goals.

Examples include:

- Emotional support from family, friends
- Professional guidance from mentors
- Practical support (e.g., childcare, sharing responsibilities at home)
- Belonging to and participating in a community
- Ability to participate in/lead groups
- Ability to speak out for community and/or political change

Shocks and the Systemic Context

Shocks are unexpected events that can affect our ability to continue along the path we were on to reaching our goals.

For example:

- Personal events, such as illness, divorce, death in the family
- Job loss/lack of suitable jobs available

The systemic context may also affect our ability to move forward.

For example:

- Racism, sexism, ageism
- The negative impact of cultural, political, environmental events



Building up our assets makes us more resilient and can help equip us with the skills and supports needed to handle setbacks better.



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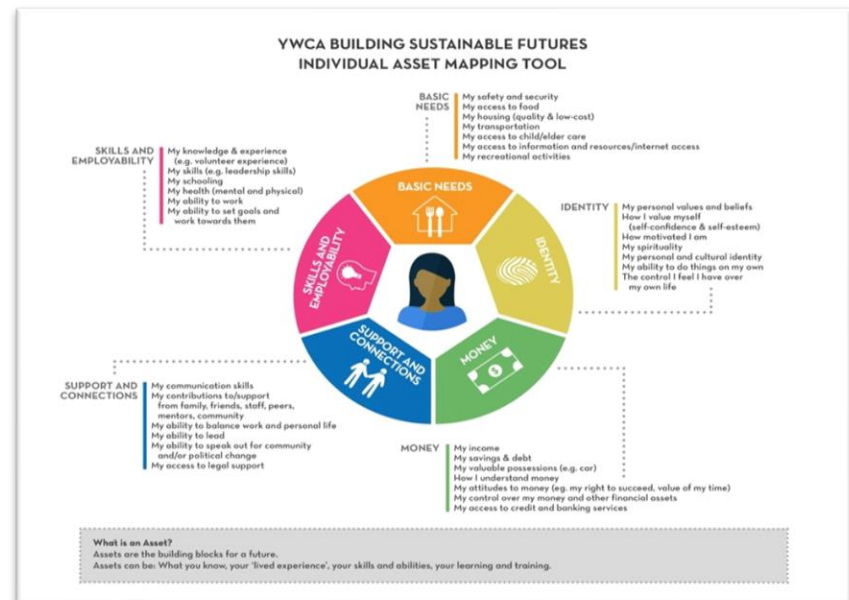


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An asset mapping case study

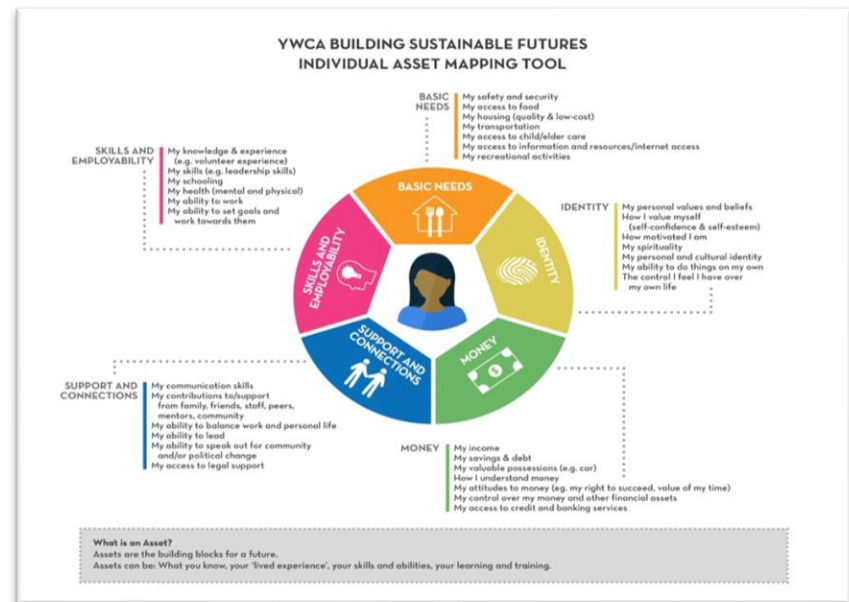
Marietta:

- is 30 years old;
- has some post-secondary education;
- is employed and earns \$35K per year;
- rents an apartment;
- has a roommate;
- would like to save for her future goals.



Your turn...

- What are your goals?
- What assets do you currently have to help you become more resilient, and to support you in attaining your goals?
- How can you use these assets most effectively to reach your goals?







My Plan...

My Plan 2 – Asset Mapping

Name _____ Date _____






What do I really want to move ahead with right now?

What assets do I have to make it happen?

Basic Needs	
Support and Connections	
Identity	
Skills and Employability	
Money	

What are my key assets right now?



My Plan to build assets	I can do this myself
Basic Needs	Y / N
	
Support and Connections	Y / N
	
Identity	Y / N
	
Skills and Employability	Y / N
	
Money	Y / N
	

Adapted with permission of LEF Toronto, Eko Nomos and Resources 4 Results

Next Steps:

- Decide which assets you want to build.
- Talk with someone you trust.
- Make plans to increase your assets.
- Find support and information to help you to grow these assets (connect with our staff).
- Take time to review and “map” your assets at set points in the future, to see how you are building resilience and moving toward your overall goals.