The Resilience Doughnut Model
Promoting Resilience in Post-secondary student Leaders
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Resilience

“A process linking a set of adaptive capacities to a positive trajectory of functioning and adaptation after a disturbance” (Norris, Stevens, Pfefferbaum, Wyche, & Pfefferbaum, 2008, p. 130).
Benefits include:
- Sense of belonging
- A growth mindset
- Flexible thinking
- Self-efficacy
- Optimistic explanatory style

(Stoltz, 2004)
Internal Assets and External Resources

**Assets**
- Promotive factors an individual has
  - Competence, coping skills, problem-solving skills, autonomy, a sense of purpose, identity formation and orientation to the future

**Resources**
- Protective Factors external to an individual
  - Having a mentor, connecting with a supportive adult and being a part of a community

(Fergus & Zimmerman, 2005)
Resilience Doughnut Model

◇ Lyn Worsley (2006)
  ◇ Brings together internal assets and external resources
  ◇ Inner circle
    ◇ Internal assets – “I have”, “I am”, “I can” (need all 3 for resilience)
  ◇ Outer Circle
    ◇ External resources – seven external factors (need at least 3 for resilience)
Internal assets

◊ “I have”
  ◊ Individual’s awareness of their social resources.
    ◊ Includes feeling loved, supported, cared for and nurtured

◊ “I am”
  ◊ An individual’s sense of self
    ◊ Includes respecting themselves, feeling responsible, having an internal locus of control and wanting to help others

◊ “I can”
  ◊ An individual’s self-efficacy
    ◊ Includes problem-solving skills, the ability to access resources, self-control and coping skills
External resources (adult)

- The partner factor
- The skill factor
- The family factor
- The education factor
- The friends factor
- The community factor
- The work factor
External resources (children)

- The parent factor
- The skill factor
- The family and identity factor
- The education factor
- The peer factor
- The community factor
- The money factor
Doughnut Moments

◊ Exhibiting strength in at least three of the seven external resources and forming connections between them

◊ Example:
  ◊ Leader has a skill of photography
  ◊ Gathers their photographer friends
  ◊ Teaches their community how to take effective pictures
Doughnut Moments

◊ A doughnut moment may result in “heightened emotions, which can be long lasting and help them to thrive” (Worsley, 2015, p. 60).

◊ Benefits

◊ Contribute to positive functioning

◊ The ability to navigate, recover, and grow from difficult situations
I Have
I Am
I Can

The Work Factor
The Partner Factor
The Skill Factor
The Family Factor
The Community Factor
The Friends Factor
The Education Factor

Adult version
I Have
I Am
I Can

The Parent Factor
The Skill Factor
The Family + Identity Factor
The Education Factor
The Peer Factor
The Community Factor
The Money Factor

Child version