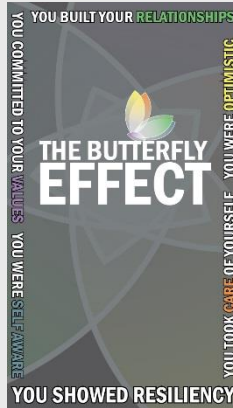




The Butterfly Effect Project

Resiliency is the ability to adapt and thrive in the face of adversity. The Butterfly Effect Project promotes and celebrates acts of Resiliency performed throughout BJC.



When you receive a card:

Step 1:

Register the card!

If you were given a Butterfly Effect card, fill out the form on the website provided on the back of the card. You will need to enter your custom code found on the back of the card.

Thank you for being **RESILIENT!**
When you receive this card:

1 Let Us Know!
Scan the QR code, or go to <http://bit.ly/ResiliencyCard>
Your Code: _____

2 Pass It On!
See someone being resilient? Hand them this card and let them know what they did!

bjclearn.org/resiliency

BJC Resiliency - The Butterfly Effect Project
Did you receive a card from someone? Awesome! You've done a great job showing someone how to be resilient!
We'd like to follow where resiliency goes throughout BJC. Filling out this form not only helps us to see who the card affects, but you will also be entered into a raffle for prizes!
This form is for internal BJC use only and will not be used for spam. We may send you an email if you like letting you know where your resiliency had the most impact.
*Required

Your name:

Your email:

Your code:

Your HESD Location:
(This is a required question, and this is to see where the card is going)

The name of the person that gave this card to you:

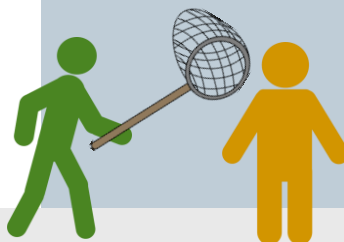
How were you resilient?

Step 2:

Catch someone being resilient!

When you see a co-worker or team member exhibiting one of the traits or skills related to resiliency, hand them your card. Make sure to tell them:

- what behavior you observed
- how to use the card (see step 1!)



Some examples of behaviors related to resiliency

- Taking care of one's physical health – eating healthy, exercising, etc.
- Focusing on the positive aspects of a difficult or challenging situation
- Looking for solutions to problems (rather than just complaining)
- Bringing humor to the workplace
- Asking for help when needed
- Seeking feedback from others
- Taking appropriate breaks and/or encouraging others to take appropriate breaks
- Planning or participating in activities that build relationships at work
- Giving positive feedback to others
- Not being afraid to admit to being wrong
- Attempting to view situations realistically instead of being guided by fear or strong emotion
- Confronting rather than ignoring problems
- Focusing on others' strengths

For more information: bjclearn.org/resiliency

To view results: links.bjclearn.org/butterflyeffect