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.

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!)

For more information: bjclearn.org/resiliency
To view results: links.bjclearn.org/butterflyeffect

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