
Guided paraphrasing practice (Independent)

1. Read the paragraph carefully.
2. Focus on understanding the ideas.
3. Do not paraphrase yet.
4. You will turn over to write on the next page.

Business topic: Resilience

Resilience is the ability to cope with setbacks and find solutions to problems. It is the ability to bounce back from adversity and hardships, learn from the experience and move on. Being resilient means having the strength and conviction to confront life's challenges. Resilient people experience suffering, stress and emotional upheaval, but they are able to work through it and adapt positively to difficult circumstances.

Cook, S. (2021) 'What is resilience?', in *Well-being in the workplace: A guide to resilience for individuals and teams*. Ely: IT Governance Publishing, p.14.

Think quietly

What is this paragraph mainly about?

Helpful vocabulary

You do not need to use these words. They are here to help you understand the text.

- **Resilience** = being able to recover after difficulty
- **Cope with** = manage a difficult situation
- **Setbacks** = problems that slow you down
- **Adversity** = difficult or hard situations in life or work
- **Conviction** = strong belief and confidence in yourself
- **Emotional challenges** = strong or upsetting feelings
- **Adapt positively** = change in a helpful way

Step 1: Identify the main ideas

Write the **key ideas** from the paragraph.

Use short phrases, not full sentences.

You do not need to include every detail.

- **Main idea 1:**
- **Main idea 2:**
- **Main idea 3:**

Step 2: Paraphrase the paragraph

Now paraphrase the paragraph in **your own words**.

Tips:

- Keep the meaning the same
- Change the wording and structure
- You can use fewer sentences than the original
- Simple language is fine

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