
Resilience at Home and at Work: Maintaining our Capacity to Cope During Times of Change and Challenge

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The Institut SYRI and the team Systems of Resilience led by Alice Koubová and cordially invites you to attend a public lecture of world-renowned researcher in the field of social and psychological resilience Michael Ungar, Ph.D.

RESILIENCE AT HOME AND AT WORK: MAINTAINING OUR CAPACITY TO COPE DURING TIMES OF CHANGE AND CHALLENGE

Michael Ungar, PhD is a professor of social work at Dalhousie University in Canada, where he founded the Centre for Resilience Research. He is one of the foremost experts in the field of social and psychological resilience. He has long developed the concept of a multisystems approach that does not place all the emphasis on changing the individual (self-help literature, changing “mindsets”) or, conversely, exclusively on the social system change (which may go too far towards social engineering). A multi-systems approach takes into account all systems involved, cultural differences, and the specific context. Resilience research focuses as well on how systems thrive and improve their functioning, rather than exclusively examining different forms of breakdown and collapse. In his talk, Michael Ungar will present examples from which multisystem theory can be illustrated.