

**The Ability to Bounce Back:  
The Relationship Between Resilience, Coping, and  
Positive Outcomes.**

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## ABSTRACT

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Resilience is a term of increasing prevalence in many aspects of society including the workplace. This thesis has sought to examine the relationship resilience has with coping, engagement, and life satisfaction. Data was collected via a survey that included standard measures for the variables of interest and two open-ended questions targeting sources of stress and sources of satisfaction. Findings show a positive relationship between resilience and task-focused coping, engagement, and life satisfaction. No relationship was found between resilience and maladaptive coping or social support. Additionally, it was found that resilience acted as a full mediator in the relationship between task-focused coping and engagement, but had no mediating effect in the relationship between task-focused coping and life satisfaction. The open-ended questions identified that the same demand frequently acted as both a source of stress and a source of satisfaction.

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