

Continuity and Resilience (CORE)

ISO 22301 BCM Consulting Firm

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Community resilience is the sustained ability of a **community** to utilize available resources (energy, communication, transportation, food, etc.) to respond to, withstand, and recover from adverse situations (e.g. economic collapse to global catastrophic risks).

Ten Principles for building Resilient Communities

- Understand vulnerabilities
- Strengthen job and housing opportunities
- Promote equity
- Leverage community assets
- Redefine where to build and how
- Build the business case
- Accurately price the cost of inaction
- Design with natural systems
- Maximize co-benefits; and
- Harness innovation and technology



Stay Informed and Be Prepared

- Exchange information and learning
- Understand impacts of disruptions
- Do not leave it to Governments or God
- Educate family, friends, colleagues, neighbours, social groups, etc.
- Practice what you preach
- Leverage technology, innovation, ideation
- Reach out to governmental agencies to support your community
- Plan for recovery from disruptions and test your plans
- Holistic in approach and not in silos
- Be inclusive, not exclusive

Individual	Family, Friends	Societal
Health	Relationship	Network
Education	Understanding	Offer services
Expertise	Supportive	Assess
Expression	Sympathy	Plan
Culture	Accessible	Engage
Empathy	Informative	Resourcing
Role Model	Stable	Validation
	Mentor / Guide	