

Impact of Employees' Emotional Resilience on Employees' Work Performance: A Study of Executive and Above Level Employees in Private Sector

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When operating in a complex work environment, it's obvious that the companies will have to face for many challenges. Here, if the company need to survive, the company should adapt according to that. It is mandatory to have more resilient people within the company in order to face such changes successfully. And the sudden changes and the sudden workplace conflicts and the situations will create stressful work environment for the employees who are working in a company. The sole purpose of this study is to identify the impact of the ability of individuals to quickly bounce back from stressful situations and how does it affect to the work performance. Questionnaire was distributes among the selected sample and the sample encompasses 70 respondents. Once the analysis was done, the results depicted that there is a 24.4% of impact is there from resilience on employee performance. The findings of this research will be beneficial for the companies to hire most resilient individuals for the successful future who can adopt and who can quickly bounce back.

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