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| **Resilience: what does it really mean, and how might it thrive?** |
| **Background/Objectives**The notion of resilience has flourished across various academic fields. Generally, the term has been appropriated in the study of adverse events, and the ability to cope with what has taken place. Within the literature, there is a tendency to focus on underlying human qualities (e.g. optimism) as primary contributors to resilience. The term is also presented as something that considers both local resources and supports, and other socio-ecological dimensions. The primary objective of this work was to offer concrete recommendations for community-level organisations who wish to integrate resilience-building activities within their work.  **Methods**The author undertook a comprehensive review and critical appraisal of the literature on the topic of resilience enhancement across various disciplines, which was commissioned by the NZ Cancer Society. Separate search strategies, covering four key subject areas (climate change, violence/abuse, cancer, and other chronic disease), were conducted using Scopus®, PsycINFO®, and MEDLINE® to identify primary studies, systematic reviews and meta-analyses. **Results**A *Safety-Net Model of Community Resilience-Building for Health Organisations* was developed, whichhones in on those actions that are of particular relevance to those working in the area of health promotion. These include: partnership development; the fostering of opportunities to build social connectedness; the provision of knowledge and skill-building opportunities for healthy lifestyles; and the use of innovative communication tools that meet the needs of New Zealanders in urban and rural areas.**Discussion**Progressive thinking is needed when conceptualising resilience, as the idea is inherently malleable. Those with health, social, or other disadvantages may be significantly less resilient. Health promoters should acknowledge the potentially diverse needs of the individual, while recognising the supportive potential of the community. Among Māori, collectivism itself seems to underpin what it means to be resilient. Importantly, values of social inclusion and equity ought to be championed within resilience-building efforts. Resilience-building ought to be advocated for and purposefully integrated within programming by those whose stated aims are to advance the resilience agenda; in this way, novel efforts can be distinguished from routine activities, and work that is already underway can be supported. **Keywords** resilience, equity, health promotion |