Global People Resilience Study 2026

Brazil

Workforce Resilience Profile

Digital confidence and financial preparedness are Brazil's key opportunities to strengthen resilience. Physical health and psychological wellbeing are already strong forces behind it.

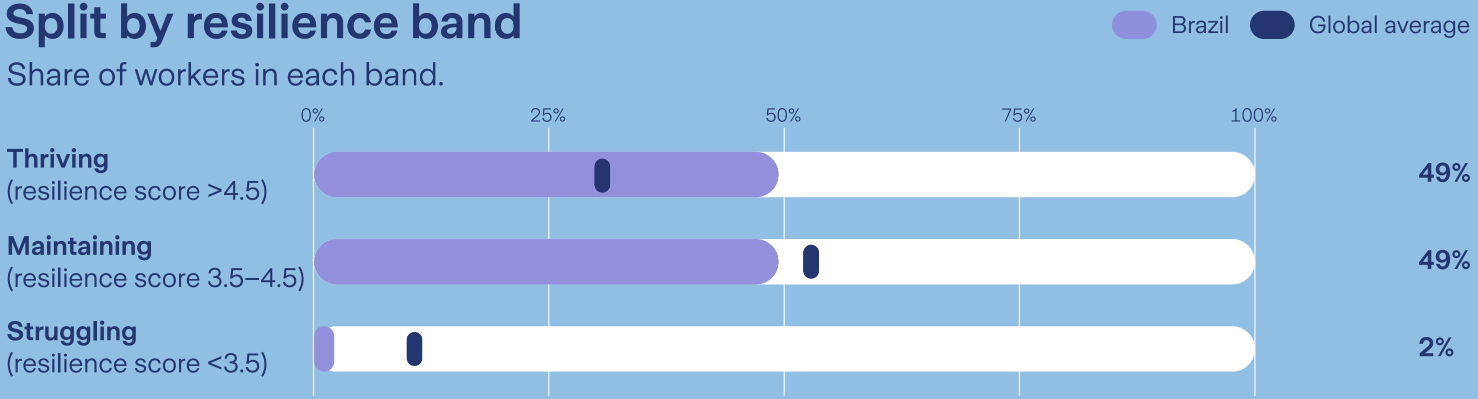
Brazil - Workforce Resilience Profile

ZURICH

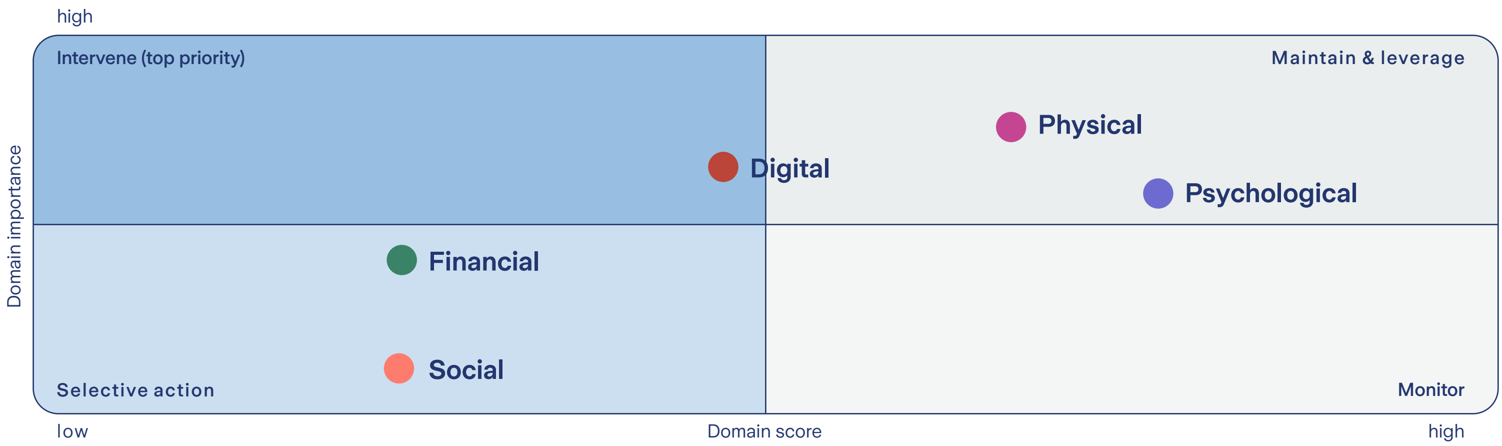
Overall resilience

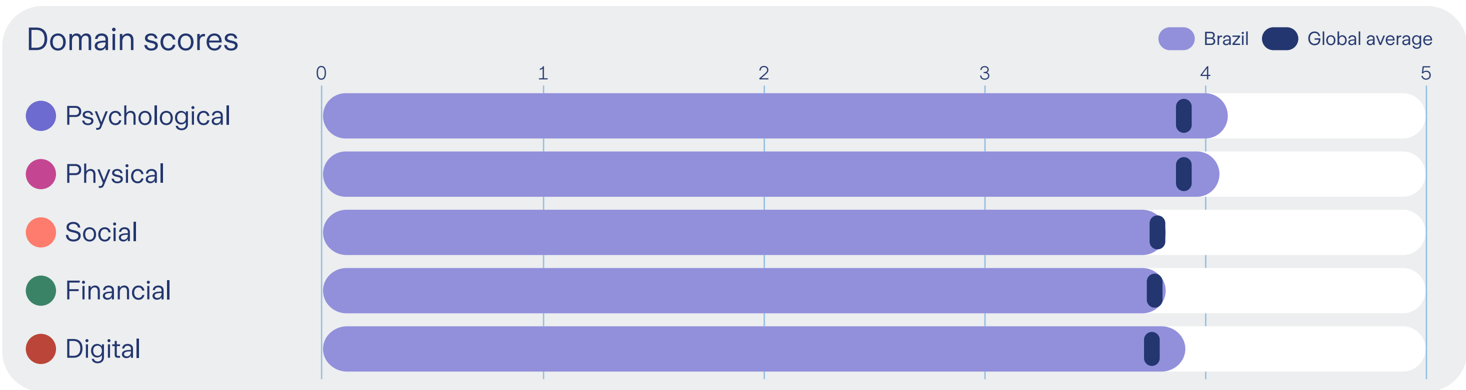
Split by resilience band

Share of workers in each band.



What drives resilience — and where to act





What this means for businesses and leaders

Resilience pays off at work.

86% of highly resilient employees (score >4.5) report good or excellent performance, compared to just 46% of those with low resilience (score <3.5).

Digital is the clearest opportunity.

It is a strong driver for overall resilience, yet scores among weaker domains.

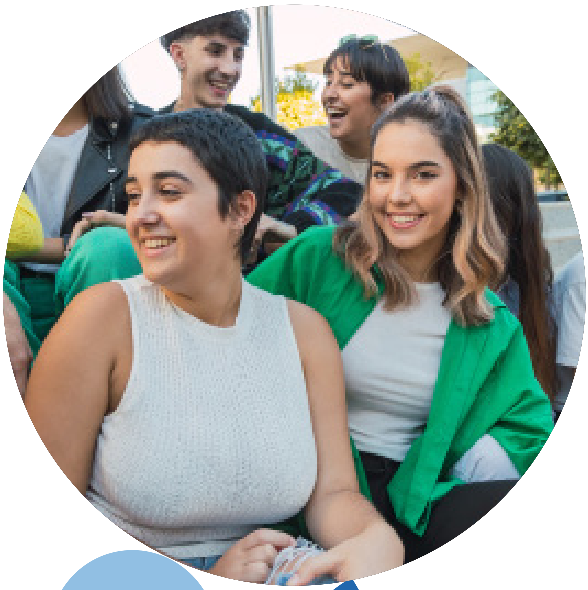
Social and financial are soft spots.

They score considerably lower than the other domains.

Personal Resilience Index · Country Profile· n = 545

Benchmark: pooled 16-country average. Importance: each domain's weighted contribution to resilience. Bands: Thriving above 4.5, Maintaining 3.5–4.5, Struggling below 3.5.

How's Brazil looking?



Income is the sharpest demographic divide

Top earners score 4.54,
against 4.31 for the lowest earners.

Highest scoring items

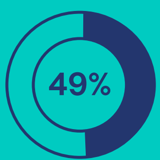
Ability to re-evaluate approach and confidence reaching goals score highest.

Lowest scoring items

Savings buffer and community support score lowest.

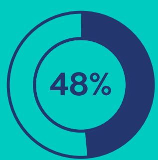
Four emerging catalysts of resilience

Financial resilience



do not have a savings buffer (vs. 49% globally)

Digital fluency



use generative AI daily (vs. 32% globally)

Caregiving

of workers are caregivers (vs. 63% globally)

Sleep

report poor sleep quality (vs. 17% globally)

Forward, into action

Our recommendations for businesses and leaders in Brazil

Build digital confidence first.

Put digital literacy training and stronger security habits on the agenda.

Strengthen the financial basics.

Short-term savings, financial recovery and insurance cover all need attention.

Target the income gap directly.

Lower earners score lowest. Target this group, not a one-size-fits-all rollout.