resilience certification

Become a resilience expert.

Embed resilience practices and skills in your organisation.

resilience institute®

RESILIENCE IN ACTION

How we transform organizations.

Day by day, people face challenges at work impacting their mental health, productivity, and overall well-being. We provide strategies and tools to build resilience, manage stress, and enhance performance, enabling individuals and organizations to thrive even under challenging circumstances.

Assess.

We measure human strengths and risks in organizations with the world's most comprehensive resilience assessment.

resilience assessment

Train.

We offer training and workshops calibrated to company needs, delivered by our worldwide network of consultants.

resilience training

IN THIS BROCHURE!

Certify.

We certify professionals, leaders, and experts to use our tools and methodology as part of their daily work and practice.

resilience certification

BECOME A RESILIENCE EXPERT

Our suite of certifications.

Learn all about Resilience Coach on page 4.

Learn all about Resilience Trainer on page 13.

CERTIFICATION
resilience coach

Strengthen your people. Build resilience from within.

Enhance your role with resilience knowledge and bring meaningful insights to your organization using the Resilience Assessment.

This self-paced online certification equips professionals with the knowledge to effectively use the Resilience Assessment with colleagues, teams, and leaders. You will learn how to interpret resilience data, facilitate meaningful conversations, and turn insights into practical steps that strengthen performance and well-being across your organization.

START NOW

Officially accredited with International Coaching Federation & SHRM.

CCE
ICF CONTINUING COACH EDUCATION
ICF

SHRM RECERTIFICATION PROVIDER

IN SHORT

Offer your organization the world's best insights into resilience.

Purpose: Learn to use the Resilience Institute methodology and Assessment to provide data-driven insights and strengthen employee well-being and performance.

Duration: Self-paced, approximately 6 hours.

Pricing: Sign up today for €995.

Format: Online, including video sessions, resources, a final assessment, and a 1:1 call

Community: Monthly Q&A calls and access to our global coaching network.

For whom: HR Professionals, L&D Professionals, Leaders, Coaches.

Officially ICF-accredited course
Our Resilience Coach Certification is **approved by the International Coaching Federation (ICF)** as a Continuing Coach Education (CCE) program. Participants earn **4 hours of CCE credits**: 1 in Core Competency and 3 in Resource Development.

Officially SHRM-accredited course
Resilience Institute is **recognized by SHRM** to offer Professional Development Credits (PDCs) for SHRM-CP® or SHRM-SCP® recertification activities. For the Resilience Coach Certification, participants **earn 4 PDCs**.

Pinpoint the human strengths and risks across your teams.

Our model complements tools like StrengthsFinder, DISC, and MBTI, enriching leadership development and team conversations rather than replacing what already works in your organization.

The world’s most trusted and comprehensive resilience tool.

The Resilience Assessment is built on two decades of research, analyzing 10 categories and 50 factors that drive performance and well-being across individuals, teams, and organizations.

Anchoring resilience across the organization.

The Resilience Assessment gave us something concrete to anchor our workplace resilience program. It helped us understand where we are as a team and guide the elements we integrate into the program.

Adrie Fourie
Resilience Coach and Department Head at Solid Green Consulting

FEATURES & BENEFITS

All-in-one resilience tools.

Resilience Assessment.

Purchase assessments directly on Resilio at a discounted network rate, with advanced reporting and support included.

Resilience Institute Model.

Leverage the power of 20 years of R&D with our trusted resilience model that enables deep transformation.

Resilience Coaching.

Learn how you can integrate resilience into your coaching practice and guide individuals as well as groups.

Data Insights.

No more guesswork: Assessing your clients and tracking their progress with real data becomes seamless.

Materials & Documents.

Access a range of documents covering content, practice and marketing of resilience coaching.

Community Member.

Become part of our international network and get in touch with our consultants and experts, serving clients globally.

SLIDES & DOCUMENTS

Ready-to-use documents.

Coaching Guide.

This guide summarizes the crucial steps in your coaching practice using resilience, including workbooks for you and your team.

Introduction Deck.

Find all information about Resilience Institute, our way of working, and our methodology here.

50 Factors Deck.

In this comprehensive deck, you will find detailed information on all the factors in our resilience model.

Marketing Collaterals.

Gain access to all our marketing brochures, leaflets, videos and much more.

COURSE OVERVIEW

Unique learnings.

1. What resilience is and why it matters.

Resilience is an essential skill in the modern workplace. This course defines human resilience and explores the 50 factors that underpin it.

2. How to use the Resilience Assessment.

Our Resilience Assessment is hosted on our own AI-powered platform. You will learn how to use it and purchase assessments for your teams.

3. How to conduct individual coaching sessions.

Find out how you can leverage the strengths of our resilience model in your coaching practice to provide deep insights into your Teams' well-being.

4. How to deliver group debriefs using the tool.

Learn how you can assess, support and coach entire teams, using our resilience model and its accompanying coaching framework.

RESILIENCE ASSESSMENT

Understand human strengths & risks.

As a Resilience Coach, you get access to our renowned Resilience Assessment.

Learn here why this tool is so powerful.

You can't manage, what you can't measure.

Our platform provides you with measurable outcomes, tracked over time, showcasing how your work impacts the lives of others.

Use a versatile tool with a proven track record.

Whether you work with individuals or teams, our tool provides the right insights based on 20 years of research and real-world results.

Get unparalleled data and insights at your fingertips.

Don't waste your time on data collection and analysis: With the Resilience Assessment, you can focus on your client and their journey.

BECOMING A RESILIENCE COACH

Your journey.

1

Learn about our offer.

Find all information regarding our certifications online or reach out to us for more details.

2

Discovery Call. optional

We are delighted to discuss our certification offer with you and find your ideal level.

3

Register online.

Register on our online learning platform, Resilio, and pay a one-time fee of €995.

4

Complete the course.

Follow the online course at your own pace and complete the assignment at the end.

5

Get onboarded.

Book a 1:1 session to finalize your certification and get access to all tools and materials.

6

Find coachees.

Integrate resilience into your current work and help employees and colleagues.

7

Purchase assessment.

Buy assessments directly on Resilio and get instant access for your clients.

8

Coach with impact.

Send the access to your coachees and coach them successfully on their resilience journey.

Build resilience. Drive organizational success.

Organizations today operate in environments that demand adaptability, focus, and sustained performance. In this context, resilience is increasingly understood as an organizational capability — something that can be intentionally developed and supported across teams. The Resilience Trainer Certification was created to support this shift from isolated initiatives to structured, organization-wide capability.

With this certification, professionals get the best insights of our 20 years of experience in building resilience. Deep dive in our proven resilience methodology and learn how to deliver insightful and practical resilience training sessions – driving transformation and performance.

START NOW

CCE
ICF CONTINUING COACH EDUCATION
ICF

SIRM
RECERTIFICATION PROVIDER

IN SHORT

A framework for embedding resilience in practice.

Purpose: Develop the skills to design, deliver, and embed structured, evidence-based resilience training for groups into learning, leadership, and development initiatives.

Duration: Self-paced, approximately 25 hours.

Pricing: Sign up today for €2'995.
(€1,995 for certified Resilience Coaches).

Format: Online learning experience incl. video modules, practical resources, a final assessment, and a 1:1 certification call.

Community: Monthly Q&A calls and access to our global network of certified trainers.

For whom: Coaches, HR Professionals, L&D Professionals, Leaders, Consultants.

Officially ICF-accredited course
Our Resilience Trainer Certification is **approved by the International Coaching Federation (ICF)** as a Continuing Coach Education (CCE) program. Participants earn **7 hours of CCE credits**: 2 Core Competencies and 5 Resource Development.

Officially SHRM-accredited course
Resilience Institute is **recognized by SHRM** to offer Professional Development Credits (PDCs) for SHRM-CP® or SHRM-SCP® recertification activities. For the Resilience Trainer Certification, participants **earn 7 PDCs**.

This certification includes the Resilience Coach certification!

Create stability and sustain performance during change.

When resilience is developed organization-wide, individuals and teams navigate change with clarity and continuity— reducing burnout while sustaining performance.

Align teams around resilient ways of working.

Shared resilience practices reduce friction, strengthen collaboration, and embed resilience into everyday performance across the organization.

FEATURES & BENEFITS

Deliver evidence-based resilience training.

Resilience Training.

Learn to facilitate resilience training sessions, from keynotes and webinars to entire workshops.

Resilience Institute Model.

Leverage the power of 20 years of R&D with our trusted resilience model that enables deep transformation.

Slides & Documents.

Access a range of documents such as ready-to-use slides, workbooks and worksheets, and more.

Resilio Platform.

Our all-in-one platform including our learning hub, resources directory, tech support bot, and our proper AI GPT.

Resilience Assessment.

No more guesswork: Assessing your clients and tracking their progress with real data becomes seamless with our platform.

+ Resilience Coach.

The full Resilience Coach Certification with all its benefits and features is included in the Resilience Trainer Certification.

WHAT YOU GET

Features in-depth.

Resilience Training.

Learn to facilitate resilience training sessions, from keynotes and webinars to entire workshops.

Training Knowledge.

- Resilience Institute provides training programs to leaders, teams, and organizations globally since more than 20 years.
- For the certification, we pack our best insights into this expertise and knowledge in an easily accessible format.

IP Rights.

- Resilience Institute grants you a license to use its model, assessment, and materials during training sessions and workshops.

Resilience Institute Model.

Leverage the power of 20 years of R&D with our trusted resilience model that enables deep transformation.

Methodology.

- Our resilience methodology is peer-reviewed, trusted, and continuously developed.
- The fifth version of our model delivers high-class insights that no other resilience tool can deliver.

WHAT YOU GET

Features in-depth.

Slides, Documents, Brochures.

We provide you with all the necessary materials to get started with resilience training right away.

Training Slides.

- Facilitation Decks with 200+ ready-to-use training slides.
- 1 full resilience workshop and 3 sessions covering Bounce, Well-being, and Performance Mindset.

Template Slides.

- Powerpoint Template with 100+ professionally designed slides. All templates available with and without animations.

Trainer Workbooks.

- 4 workbooks covering the basics of resilience and its three categories. In-depth knowledge and guidance for trainers on 100+ pages.

Practice Tips.

- Worksheets to hand out to participants or to use during workshops. 50+ worksheets covering all of the resilience factors.

Resilience Coaching Materials.

- Practical workbooks to use in preparation, during and after coaching sessions for both the coach and the coachee.

Further Resources.

- Introduction deck to our resilience methodology and in-depth decks on our 50 resilience factors.
- Marketing brochures and leaflets to defuse within your organisation or with your clients.

WHAT YOU GET

Features in-depth.

Everything Resilience – our platform Resilio.

Our all-in-one platform is the only tool that you'll ever need for resilience training.

Resilio AI.

- Resilio AI is our proper GPT trained on our model and research, and using our brand voice.
- Ask anything – from training exercises to factor knowledge – to Resilio.

Learning Hub.

- Our Learning Hub hosts all online courses of our certifications.
- Courses feature bite-sized learning journeys with videos, assignments, resources, and a final quiz.

Resources Hub.

- All documents and slides are safely stored in the platform, always updated.
- Find influential studies and recommended books from Resilience Institute.

Tech Support.

- A dedicated chatbot helping you with our platform and other questions.

COURSE OVERVIEW

The Science-Based Learning Framework.

1. Foundations of the Resilience Framework

Understand the scientific foundations of resilience and the Resilience Institute spiral model, integrating insights from psychology, physiology, and human performance research.

2. Bounce: Understanding Stress Patterns

Learn to recognize how individuals respond to pressure across the Bounce levels — from overload to collapse — and apply practical interventions that restore stability and engagement.

3. Well-Being: The Physiological Basis of Resilience

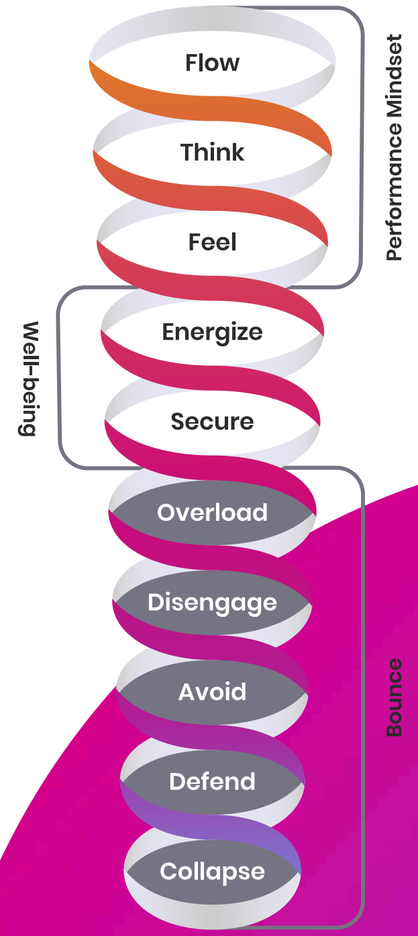
Explore the biological drivers of resilience, including nervous system regulation, sleep science, movement, nutrition, and energy management.

4. Performance Mindset: Psychological Drivers of Performance

Understand the psychological capabilities that sustain performance under pressure, including emotional regulation, cognitive resilience, attention control, and the conditions for focus and flow.

5. Facilitating & Delivering Resilience Programs

Learn how to translate resilience science into engaging learning experiences, using principles of adult learning, storytelling, and group facilitation to design and deliver structured resilience programs.



BECOMING A RESILIENCE TRAINER

Your journey.

1

Learn about our offer.

Find all information regarding our certifications online or reach out to us for more details.

2

Discovery Call. optional

We are delighted to discuss our certification offer with you and find your ideal level.

3

Register online.

Register on our online learning platform and pay a one-time certification fee of €2,995.

4

Complete the course.

Follow the online course at your own pace and complete the assignment at the end.

5

Get onboarded.

Book a 1:1 session to finalize your certification and get access to all tools and materials.

6

Launch your 1st program.

Assemble a group of employees who will benefit from focused resilience support.

7

Purchase assessment.

Buy assessments directly on Resilio and get instant access for your clients.

8

Train with impact.

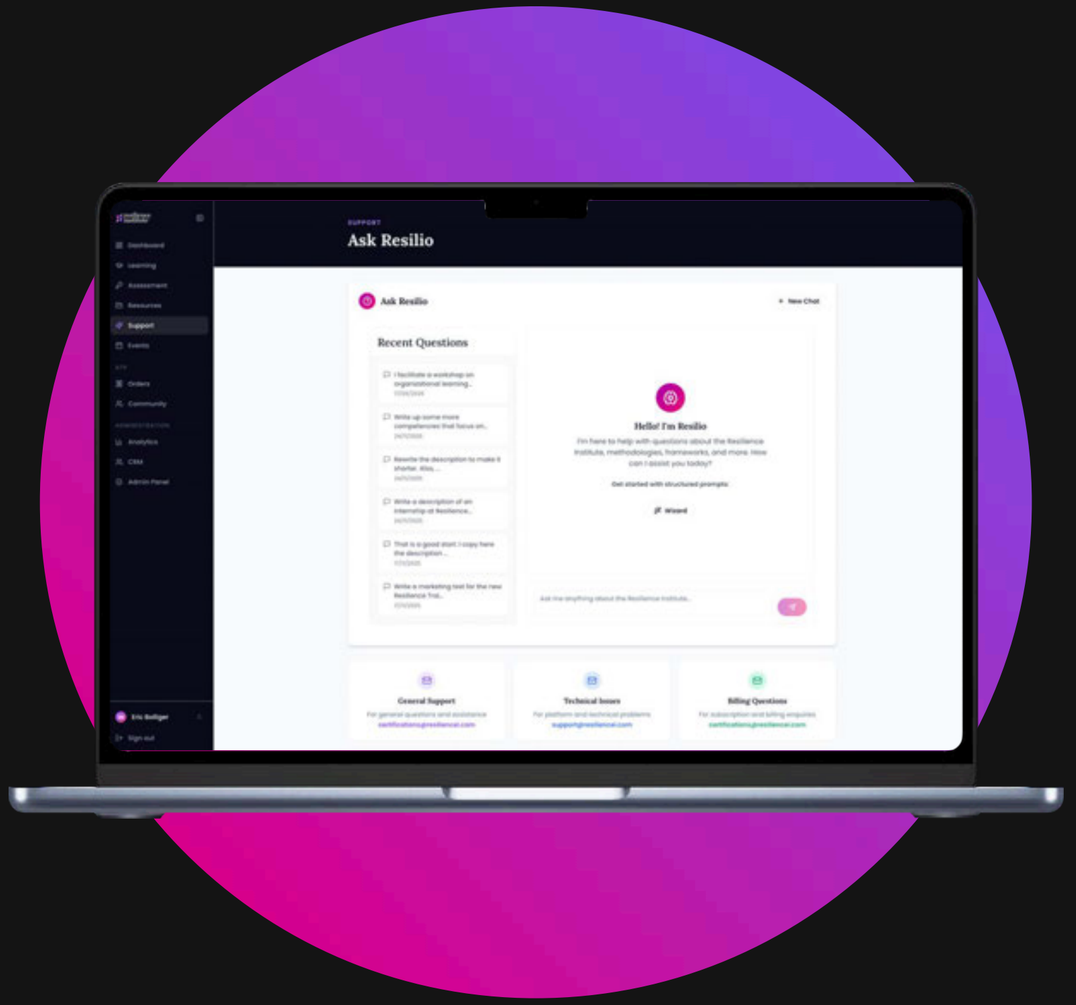
Send the access to your group and train them successfully on their resilience journey.

ALL-IN-ONE PLATFORM

Resilio – Everything Resilience.

Our certification programs are hosted on our one-stop-shop for resilience, Resilio. Your certification grants you access to its various features including our Learning Hub, AI chatbots, resource collections, community events, and more.

Sign up today at resilio.resiliencei.com

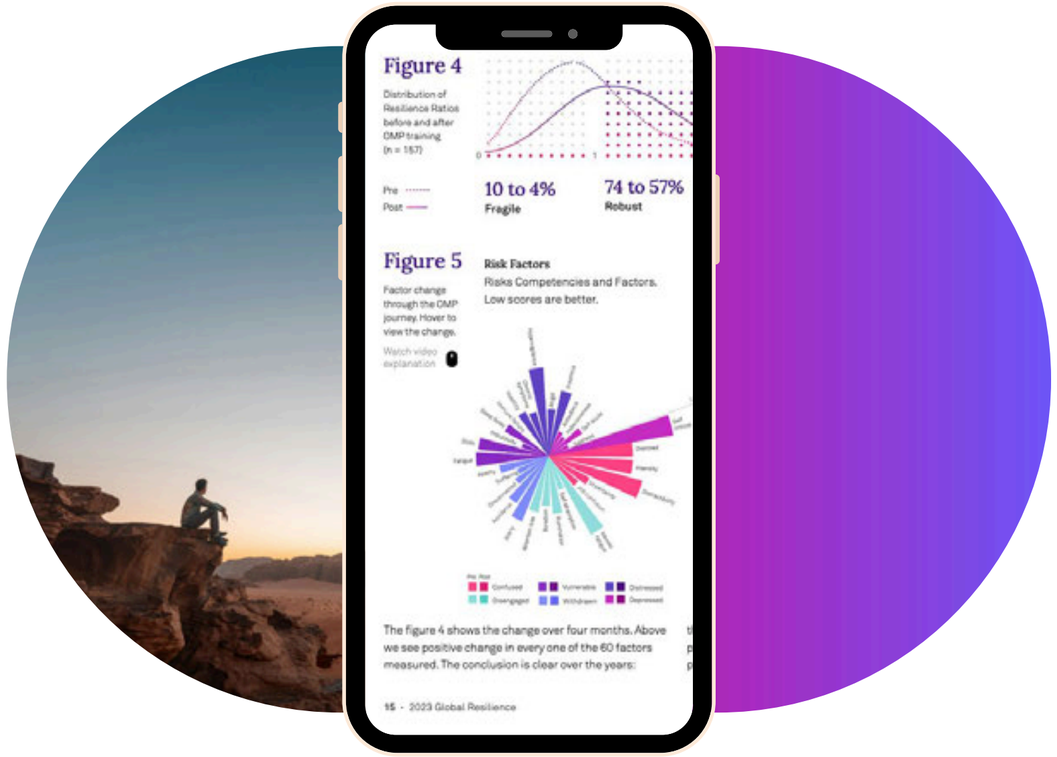


PEOPLE-BASED, TECH-ENHANCED

We improve resilience worldwide, since 2002.

Founded by Dr. Sven Hansen, our approach is designed to provide you with tools that enable a culture of high performance, trust, collaboration and care.

To do this we deliver practical and engaging, research-based learning journeys that build resilience skills in a measurable way – bringing together modern preventative medicine, positive psychology, emotional intelligence, and neuroscience. Hundreds of thousands of executives and professionals have joined our community.



38%

INCREASE IN RESILIENCE[1]

+500k

PROGRAM PARTICIPANTS

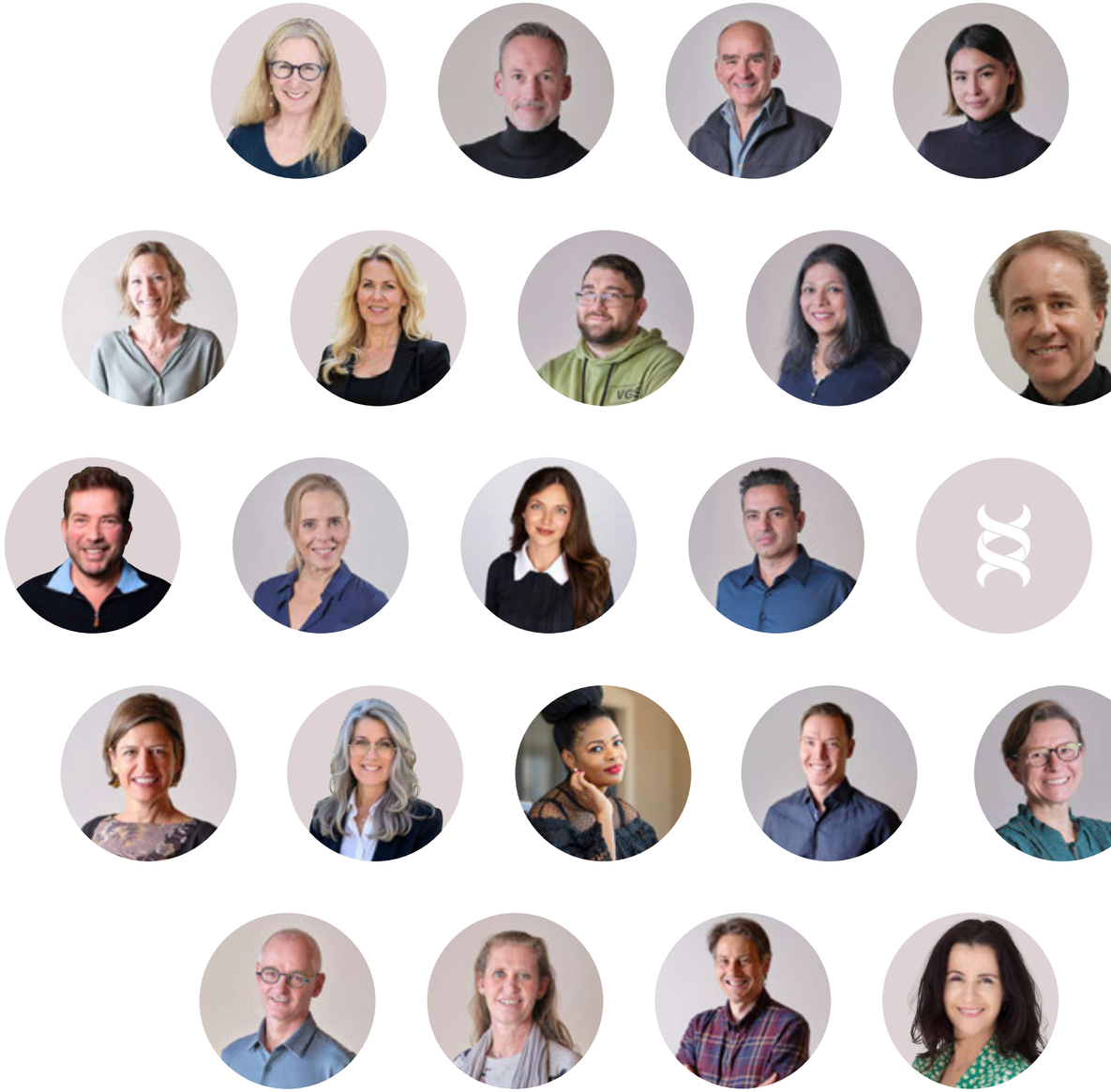
[1] These are results from our own training data.

OUR GLOBAL PRESENCE

A passionate, multi-disciplinary global team.

Resilience Institute has offices in Switzerland, France, United Kingdom, Belgium, United States, Canada, South East Asia, Australia, New Zealand, and South Africa.

Our team includes experts in preventative medicine, high performance sport, mental health, psychology, wellbeing, collaboration, leadership, trust and transformation.



37
COUNTRIES COVERED

+120k
ASSESSMENTS COMPLETED

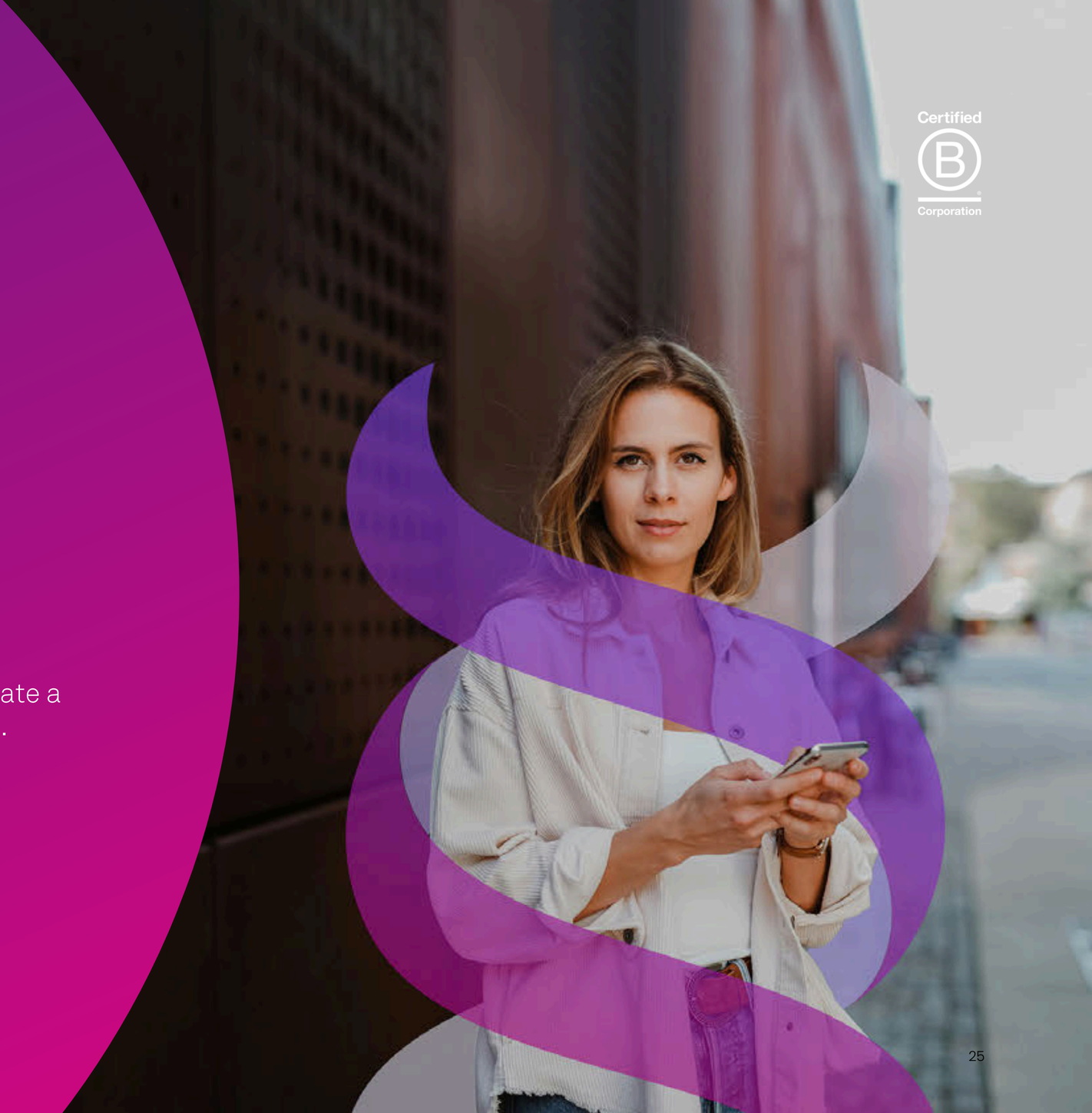
resilience institute

Certified B Corporation

GET IN TOUCH!

Ready for resilience?

Our global team will be delighted to discuss how we can co-create a journey of individual and organizational transformation for you.
Get in touch at contact@resiliencei.com.



Terms & Conditions
The full Terms & Conditions for our certification programs can be requested.