

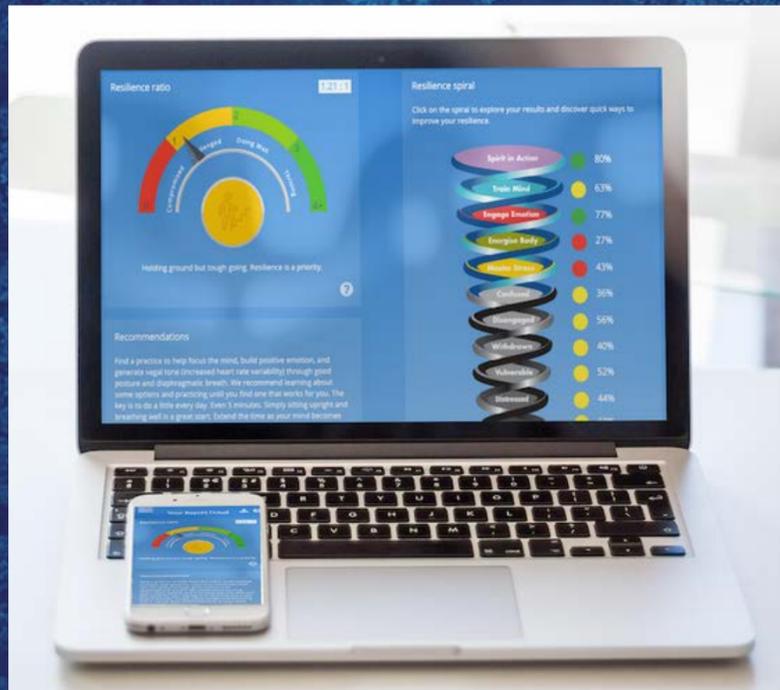
# Resilience Boost

A 12-WEEK FULLY ONLINE PROGRAMME THAT WILL SUPPORT YOU WITH RESEARCH-BASED TOOLS PROVEN TO IMPROVE WELLBEING, INCREASE CALM, BUILD CONNECTION AND STRENGTHEN FOCUS.



# PROGRAMME FORMAT

## RESILIENCE APP



Receive access to the new and improved Resilience App, featuring your personal Diagnostic assessment, goal-setting, a chatbot, meditation and 55 resilience training videos.

Suggested time investment: 30 minutes per week / 5 minutes per day

## LIVE WEBINARS



Attend four 1-hour webinars covering the core learning journey of Bounce, Grow, Connect and Flow. The sessions include breakout rooms, practical activities and opportunities to chat with the facilitator.

Suggested time investment: 4 hours over 12 weeks.

# CONTENT OVERVIEW

Together we'll explore practical techniques that will enable you to bounce through adversity, structure a lifestyle that supports resilience, develop emotional intelligence and improve focus. We'll also deconstruct the conditions for optimal performance, including situation agility and flow state.

## BOUNCE

- Responding to challenge
- Fight, flight and freeze
- Bouncing forward
- Staying calm

## GROW

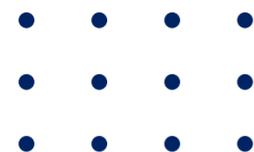
- Wellbeing essentials
- Prioritise sleep (how and why)
- Creating your daily plan
- Habits vs goals

## CONNECT

- Building emotional insight
- Understanding strong emotions
- Positivity as a practice
- Empathy and connection

## FLOW

- Improve your focus
- Decoding high performance
- Being agile
- Real-life examples



A person is walking across a suspension bridge in a dense forest. The bridge is made of wooden planks and is suspended by ropes. The forest is lush and green, with many trees. The overall scene is peaceful and serene.

"The Resilience Institute program provided me with many practical tips for improving my overall mental, physical and spiritual wellbeing – to perform better and be happier. The program helps you to be the best version of yourself at work, with family and with yourself."

- Anandhi Rajakumaran, Chief Credit Officer, IFC World Bank Group

"This a program that genuinely helps people improve their wellbeing and health as individuals. Also, progress is measurable."

- John Bell, Chief Information Officer, Fletcher Building

# ABOUT THE RESILIENCE INSTITUTE



The Resilience Institute was founded in 2002 and is a globally trusted partner for research-based resilience solutions. Our mission is to deliver high impact, practical, evidence-based and integrated resilience training by bringing together modern preventative medicine, positive psychology, emotional intelligence, and neuroscience. Hundreds of thousands of executives and professionals have joined our community.

