



Precision Training
*Enabling leaders to
drive performance
with care*



Resilience research and training, since 2002

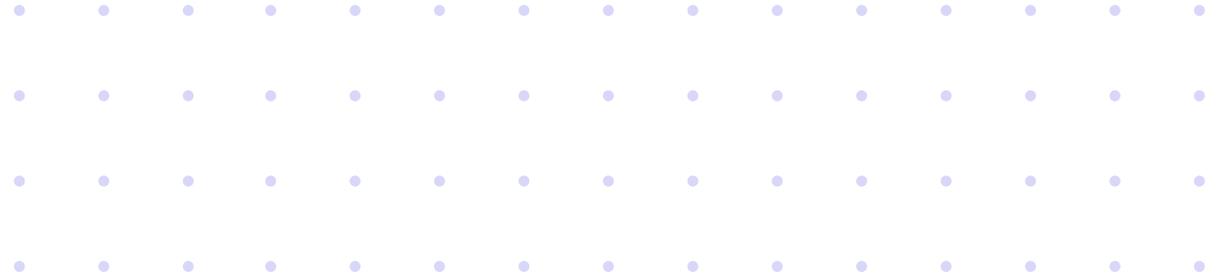
At the Resilience Institute we partner with organizations who believe that when people grow, business grows. Our approach is designed to provide you with tools that enable a culture of high performance, trust, collaboration and care.

To do this we deliver practical and engaging, research-based learning journeys that build resilience skills in a measurable way. Discover more about our blended training on the following pages.





Connect with our global team who will:



Understand your needs



Offer best practice advice



Share success stories



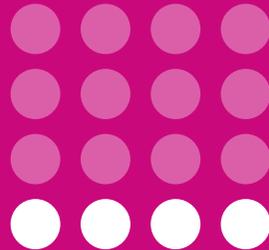
Design a resilience journey



Activate your program via our Customer Success Hub

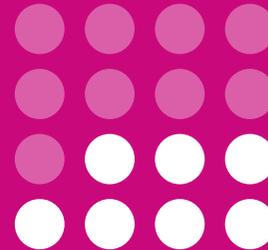
The resilience diagnostic provides insights:

- Individual, group and organisational
- Customised reporting dimensions
- 11 categories and 60 factors
- Mental health / fitness
- Wellbeing and vitality
- Collaboration
- Situation awareness and agility
- High performance
- Trust, purpose and values



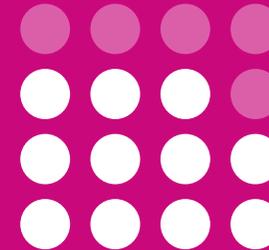
Mental Health

Understand mental health risk and strengths across your teams



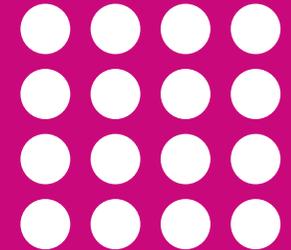
Well-being

Discover what drives physical fitness and how to invest your well-being budget



Collaboration

From emotional insight to empathy, discover your organizational EQ



High Performance

Gain insight into the drivers of high performance, including purpose and flow state

SELECT YOUR RESILIENCE EXPERT



Connect with our multi-disciplinary global team

Based on your Resilience Diagnostic results we will recommend a facilitator to deliver your live webinar or workshop.

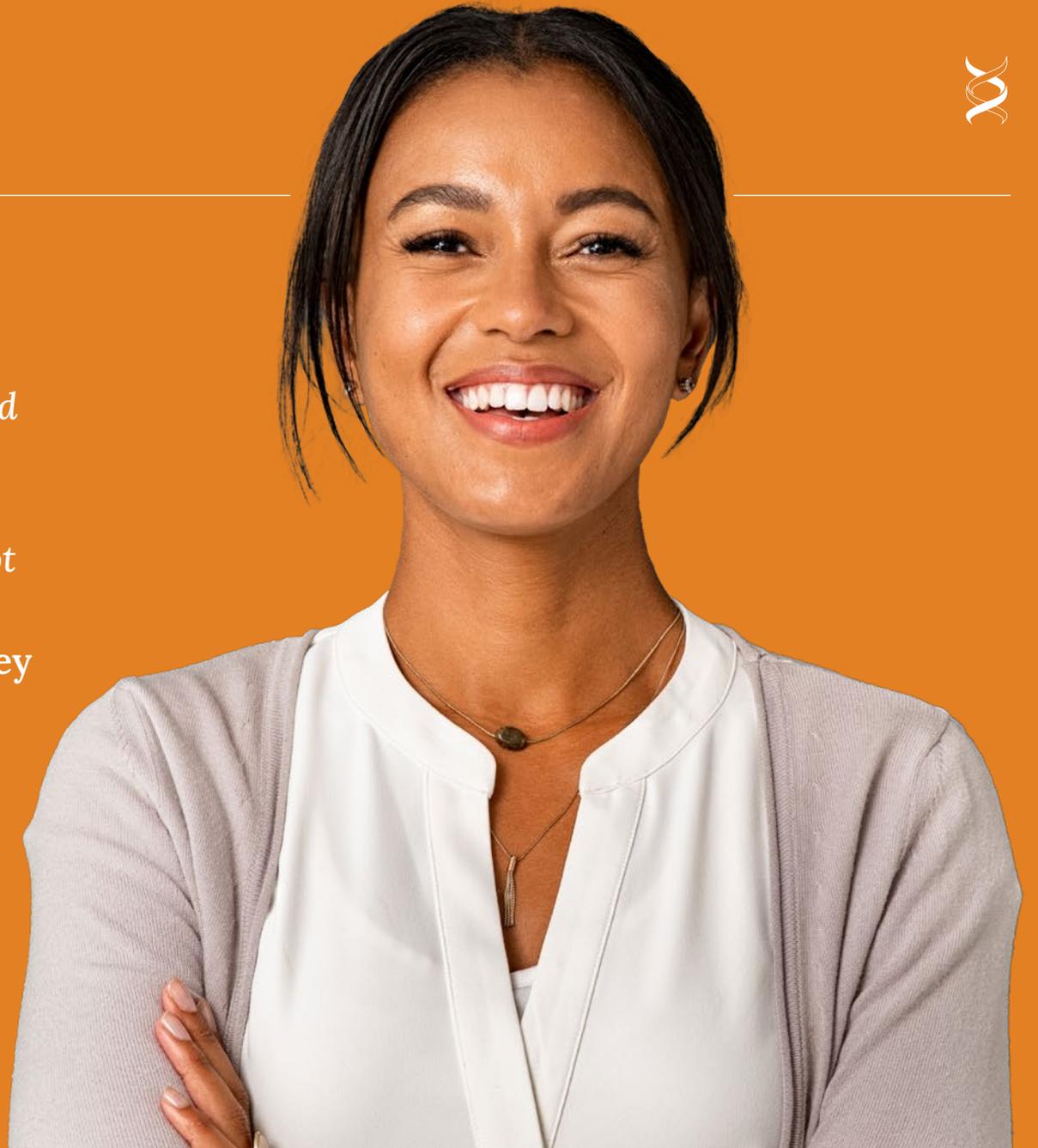
Our team includes experts in high performance, mental health, wellbeing, collaboration, leadership, trust and transformation.





In a world where the future is uncertain and change comes fast, companies need to look beyond short-term performance and basic organizational health. They must be able not only to withstand unpredictable threat or change but to emerge stronger. In short, they need to be resilient.

The Resilience Imperative, McKinsey & Company



THE TRANSFORMATION PROCESS



Consult, measure, train

Measure, review

Sustain

Leadership
journey

Program design

Group insights

Review feedback

Monitor usage

Review progress

Next steps



Employee journey

Resilience Digital
pre-Diagnostic

Targeted training
sessions

Resilience Digital
unlock videos

Resilience Digital
post-Diagnostic

Resilience Digital
journey continues



Resilience toolkit

Receive access to the Resilience Digital Toolkit, featuring the Resilience Diagnostic assessment, goal-setting, one-minute coach, chatbot, daily meditations and over 55 micro-learning videos.

12-month access. Suggested time investment: 10 minutes per week. New features unlocked annually.



Live training sessions

Attend live training 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.

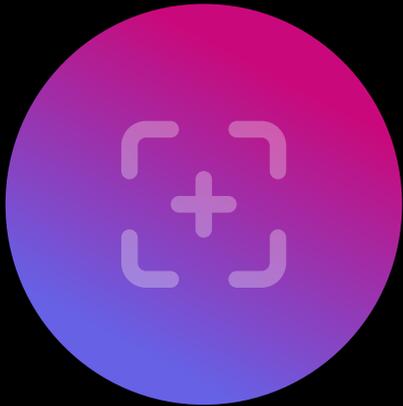
Additional sessions available on demand - including Resilient Leadership, Dealing with Change, Team Flow and more.



CONTENT OVERVIEW



Discover practical techniques that enable individuals and teams to bounce through adversity, structure lifestyles that support 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
Deliberate practice



Connect

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



Flow

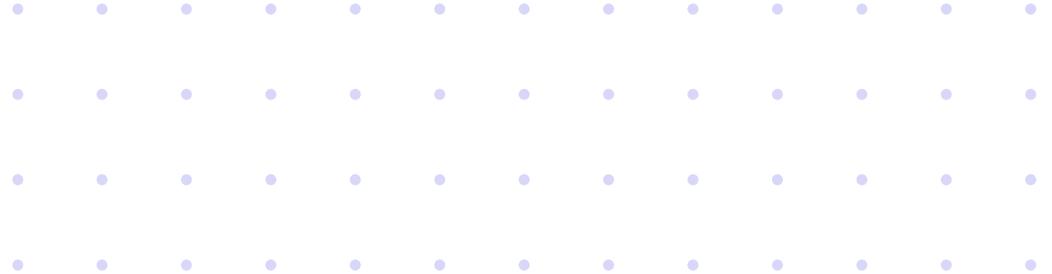
Improve your focus
Decoding high performance
Situation agility
Real-life examples

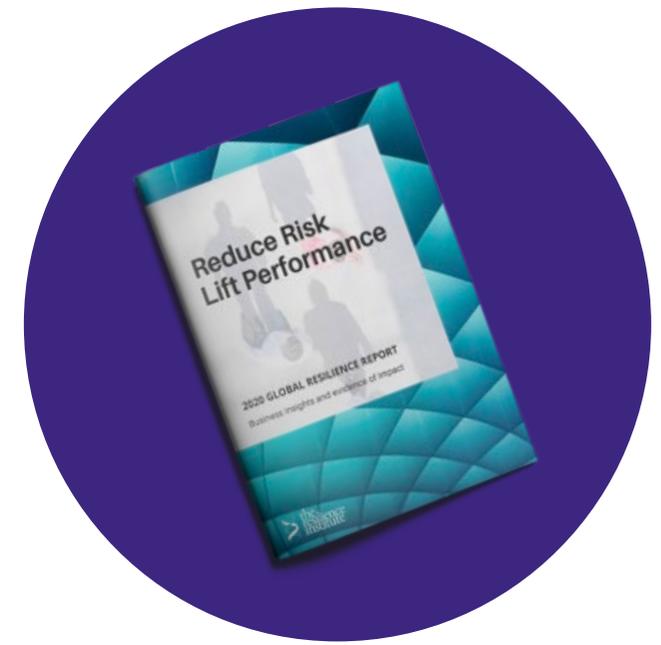
A TRUSTED GLOBAL PARTNER



The Resilience Institute was founded in 2002 and is a globally trusted partner for research-based resilience training.

We deliver high impact, practical, evidence-based and integrated training experiences that bring together modern preventative medicine, positive psychology, emotional intelligence, and neuroscience. Hundreds of thousands of executives and professionals have joined our community.





View our research papers at
<https://resiliencei.com/resilience-research/>





“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

“I appreciated being made aware of the correlation between the mind and the body. The fact that we can use our body to help our mind perform better is absolutely brilliant - I’ve tried and it works!”

Kamakshi Besnard, Global Delivery
Program Manager, IBM





Ready to build a resilient culture?

Our global team will be delighted to discuss how we can co-create a journey of individual and organizational transformation for you.

Resilience Institute Global
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resiliencei.com

