



Become a resilience expert.

Learn how to coach and train human resilience.



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.



Train.

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



Certify.

We certify coaches and consultants so that they can use our tools and methodology as part of their practice.



BECOME A RESILIENCE EXPERT

Our suite of certifications.

CERTIFICATION

resilience
coach

Scope
Offer resilience insights that help others navigate challenges and build sustainable well-being, using the Resilience Assessment.

Who
Coaches, HR leaders, and professionals who seek a practical tool to improve individual and team resilience.

€995

FOR COACHES, HR PROFESSIONALS, LEADERS

CERTIFICATION

resilience
consultant

Scope
Become part of Resilience Institute's renowned global team of experts and deliver full-fledged company programs on resilience.

Who
Consultants, educators, and facilitators who want to make a broader impact through resilience training and consulting.

selected regions

FOR FULL-TIME CONSULTANTS



Transform lives. Uplift your business.

Enhance your coaching and development practice with resilience knowledge and offer your clients the world's best insights with the Resilience Assessment.

The self-paced, online course equips professionals with the knowledge to effectively use the Resilience Assessment in their work. With this certification, you gain access to the world's most trusted tool for measuring human resilience and learn how to integrate our proven resilience strategies into your practice.

START NOW



● WHY GET CERTIFIED



Pinpoint the strengths and risks in a client (or team)

Our model complements tools like StrengthsFinder, DISC, and MBTI, enriching the coaching experience rather than replacing what already works for you.



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.



● FEATURES & BENEFITS

All-in-one resilience tools.



Resilience Assessment.

Get access to our tool and platform at the preferred price of our network, 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.



Slides & 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.

Ready-to-use documents.



Coaching Guide.

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



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.

Unique learnings.

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.

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 clients.

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 clients' well-being.

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.



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 that be 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.



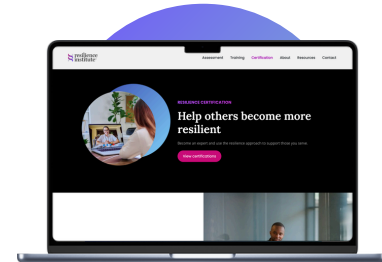
Get unparalleled data and insights at your fingertips.

Don't waist 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.

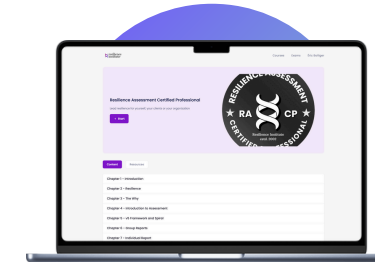
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Discovery Call. optional

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

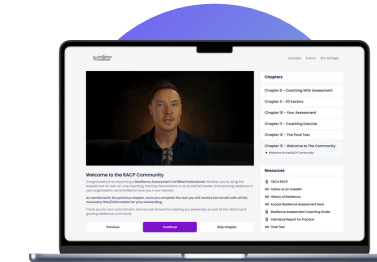
3



Register online.

Register on the online learning platform, Forento, and pay a one-time fee of \$995.

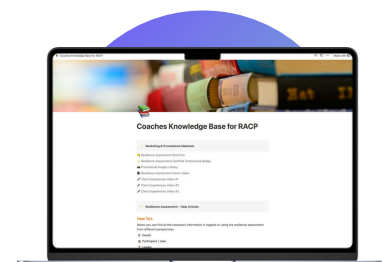
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Complete the course.

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

5



Get onboarded.

Book an in-person session to finalize your certification and get access to our tool packages.

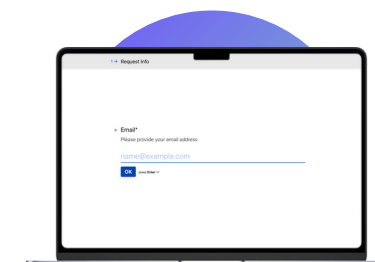
6



Find coachees.

Acquire new clients or integrate resilience into your current work.

7



Request access codes.

Request and pay for user access to the RA platform easily via an online form.

8



Coach with impact.

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

● IN SHORT

Offer your clients the world's best insights with resilience.

Purpose: Learn to use the Resilience Institute methodology and Assessment in your coaching practice to provide data-driven insights and improve client well-being.

Duration: Self-paced, approximately 6 hours

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

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

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

Pricing: Sign up today for €995





Elevate performance. Create meaningful change.

Become a resilience expert, enhancing your capability to foster resilience across physical, emotional, mental, and social domains. As a facilitator, you are perfectly equipped to deliver comprehensive training programs using our holistic, practical, and research-based approach.

This certification arms you with comprehensive access to the Resilience Institute's esteemed training materials and facilitation resources, empowering you to deliver profound, lasting impact. Join a global community of like-minded professionals and elevate your influence while shaping resilient futures.

COMING SOON





Deliver excellence. Drive organizational success.

Join the global network of Resilience Institute experts, recognized for their commitment to professional excellence, collaboration, and leadership development. Deliver full-fledge and impactful resilience programs to whole organizations, perfectly tailored to their needs.

This certification will give you access to comprehensive training materials, expert insights, and continuous support from our dedicated team. You will also leverage the collective experience of our global community to maximize your impact with clients worldwide.

APPLY NOW



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.

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

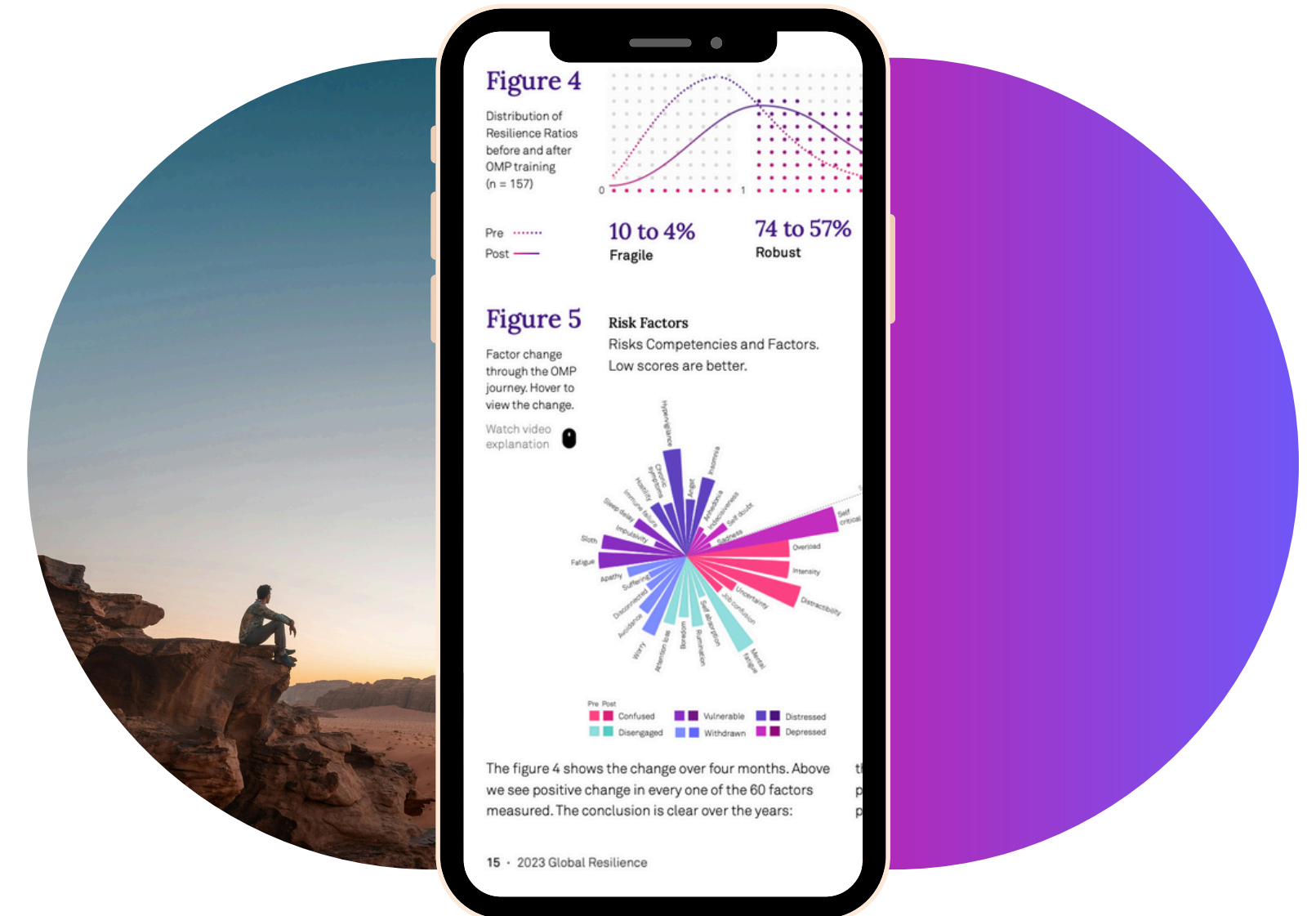
38%

INCREASE IN RESILIENCE¹

+200k

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 preventive medicine, high performance sport, mental health, psychology, well-being, collaboration, leadership, trust and transformation.

37
COUNTRIES COVERED

+110k
ASSESSMENTS COMPLETED



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.



or write us at: contact@resiliencei.com

