



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



Learn all about Resilience Coach on page 4.



CERTIFICATION

resilience trainer

Scope

Learn how to build resilience in leaders, teams and organizations, and deliver practical, high-quality resilience training.

Who

Experienced people professionals who want to deliver comprehensive resilience programs and build organizational capacity.

€2'995

Learn all about Resilience Trainer on page 13.



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](#)

Officially accredited with International Coaching Federation & SHRM.



● 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

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



CERTIFICATION

resilience coach



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.**

● WHY GET CERTIFIED



Pinpoint the human strengths and risks in your clients.

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.



● WHAT OUR COACHES SAY

“

Turning insight into meaningful coaching conversations.

The Resilience Assessment helps people put words to what they've been feeling but couldn't quite articulate. That clarity gives them a powerful lens to understand themselves and move forward.



Declan Scott

Resilience Coach and Senior Consultant at Resilience Institute



● 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.



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 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.

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 clients.

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 clients' 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.



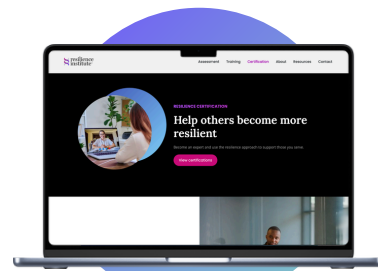
Get unparalleled data and insights at your fingertips.

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

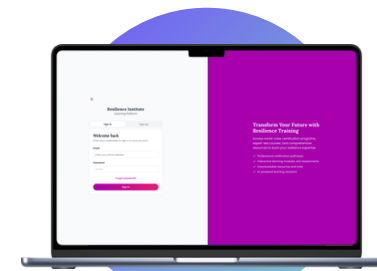


Discovery call. optional

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



3

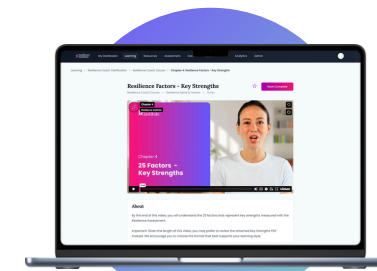


Register online.

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 call to finalize your certification and get access to all resources.



6

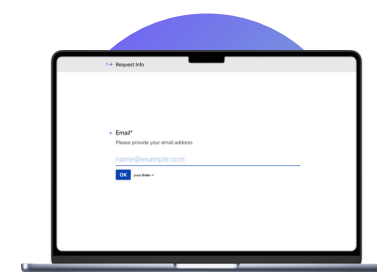


Find coachees.

Acquire new clients or integrate resilience into your current work.



7



Request access codes.

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



8



Coach with impact.

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



Build resilience. Drive organizational success.

Learn how to translate resilience science into practical strategies that help individuals and teams perform under pressure and sustain performance over time.

With this certification, professionals get the best insights of our 20 years of experience in building individual and organizational resilience. Supported by our Resilience Assessment, you learn how to enhance resilience, uplift performance and improve how individuals, teams, and organizations operate.

[START NOW](#)



● IN SHORT

A framework for delivering resilience in practice.

Purpose: Learn how to design and deliver structured, evidence-based resilience training within organizations. Develop the skills to facilitate workshops, guide teams and leaders, and embed resilience into leadership and development initiatives.

Duration: Self-paced. Approximately 20–25 hours of learning, assignments, and integration activities.

Pricing: Certification fee: €2,995. A license fee applies for external use with your clients and other organizations.*

Format: Online learning experience including 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, and experienced consultants.



This certification includes the Resilience Coach certification!



* The license fee can be paid monthly (€250/month) or annually (€229/month). The full amount of the license fee can be used as credits for Resilience Assessment purchases.

● WHY BECOME A RESILIENCE TRAINER



Design and deliver programs that create lasting impact.

Move beyond individual workshops and learn how to build structured resilience programs using practical tools and the Resilience Institute methodology.



Elevate your professional positioning with resilience.

Organizations increasingly seek structured, evidence-based approaches to performance and well-being. This certification equips you to deliver resilience work with clarity and credibility.



● FEATURES & BENEFITS

Deliver evidence-based resilience training.



Resilience Training.

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



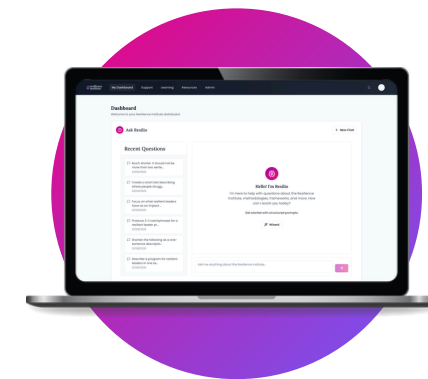
Resilience Institute Model.

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.

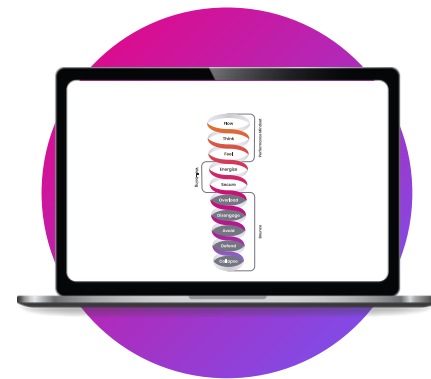
Learn to facilitate resilience training sessions, from keynotes and webinars to entire workshops.

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.

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

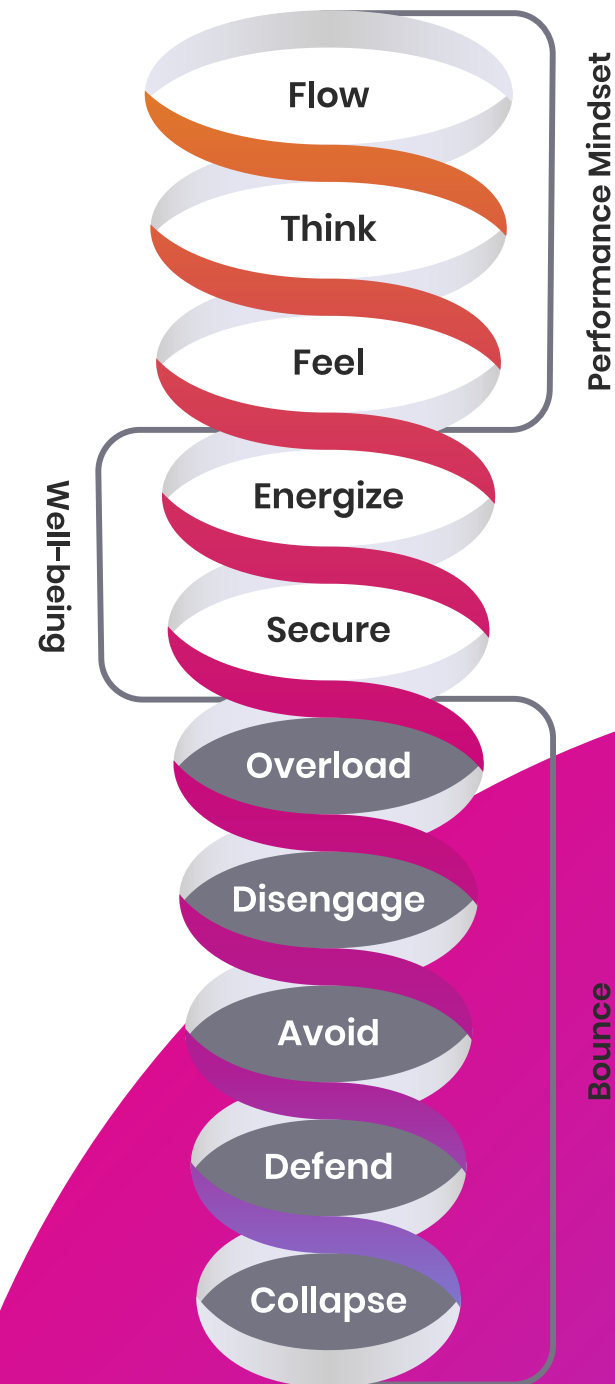
Explore the biological drivers of resilience, including nervous system regulation, sleep science, movement, nutrition, and energy management.

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.

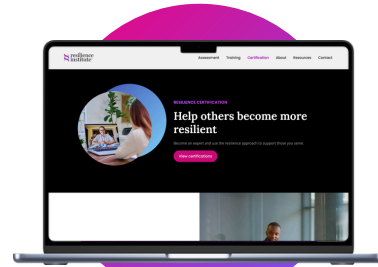
5. Facilitating & Delivering Resilience Programs

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

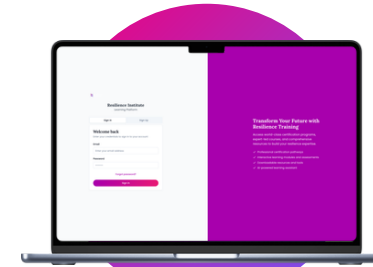


Discovery Call. optional

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3

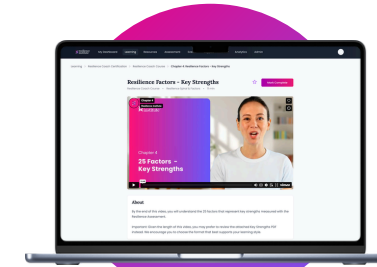


Register online.

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Complete the course.

Follow the online course at your own pace and complete quizzes and assignments.



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



6

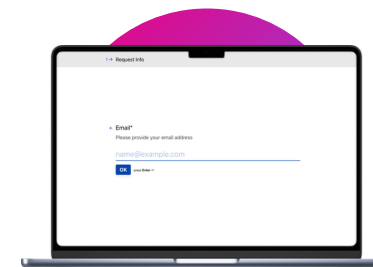


Launch your 1st program.

Engage clients who will benefit from focused resilience support.



7



Request access codes.

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



8



Train with impact.

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

RESILIENCE TRAINER

Pricing.

Certification Fee

incl. Resilience Coach Certification

€2995

€1,995 for Resilience Coaches



License Fee*

Available as credits for Resilience Assessment purchases

Monthly

€250

per month

Save 1 month!

Yearly

€229

per month
billed annually



* A minimum subscription period of 12 months is required. The first payment (monthly or yearly) is due 3 months after certification purchase. Monthly payment is restricted to digital payment options, including credit card and direct debit. The credits are non refundable, non transferable and do not accumulate over the years.



Become an expert. Deliver excellence.

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

With this certification you get 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](#)

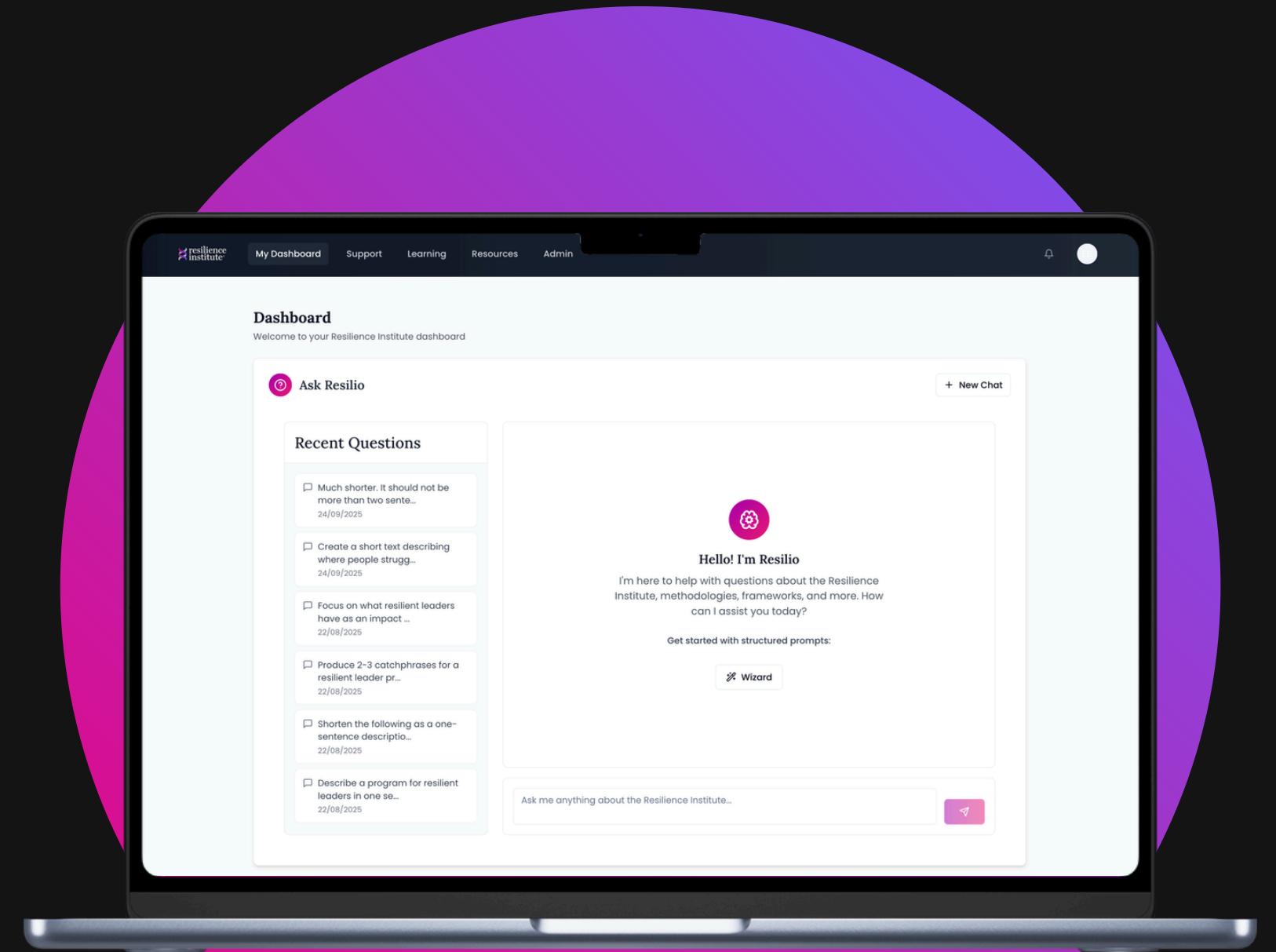


● ALL-IN-ONE PLATFORM

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.

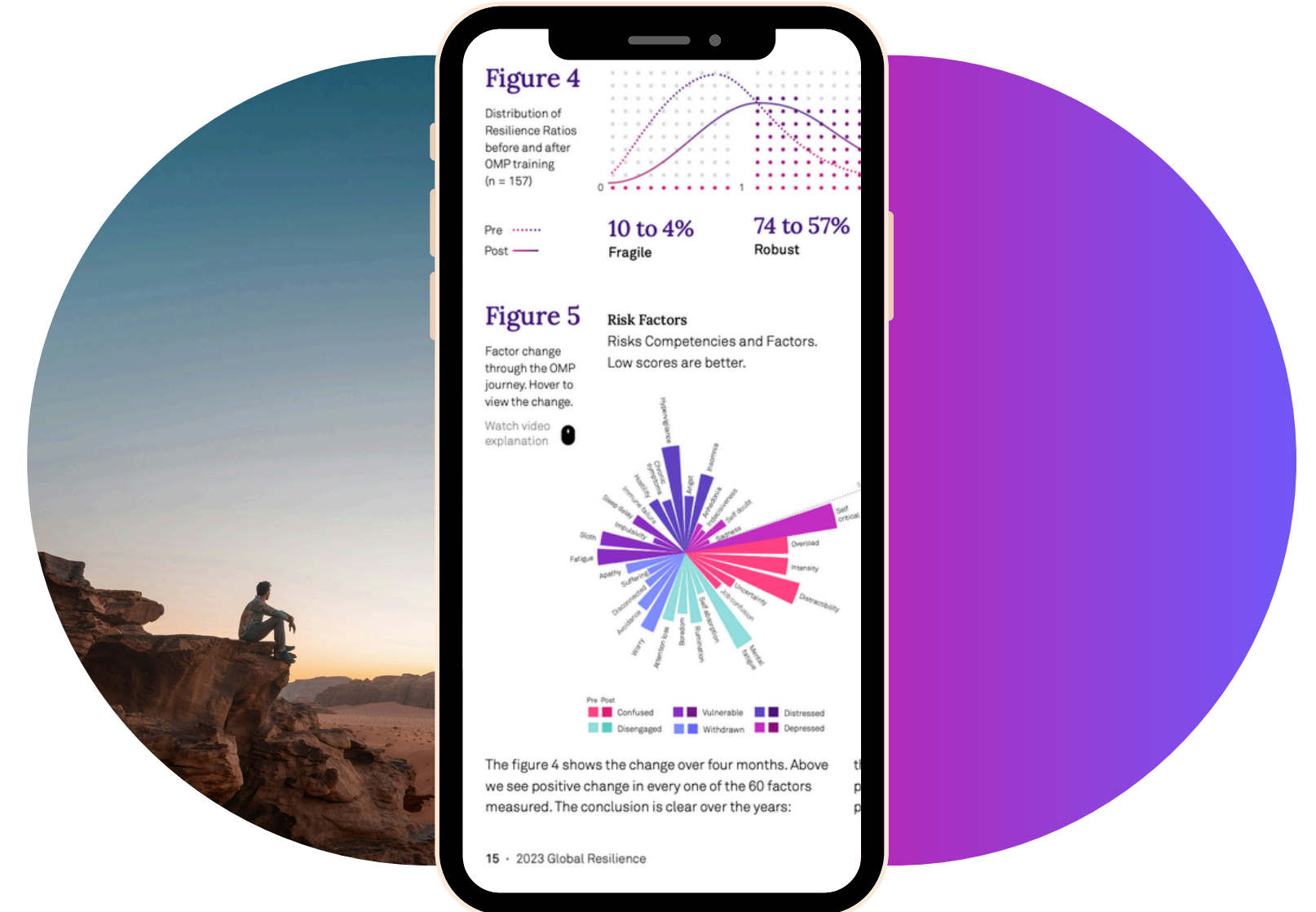
Founded by Dr. Sven Hansen, our approach is designed to provide you with tools that enable a culture of high performance, trust, collaboration and care.

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

