

*RESILIENCE IS THE
LEARNED ABILITY TO*

BOUNCE GROW CONNECT FLOW

*ONLINE MASTER CERTIFICATE
IN RESILIENCE TRAINING*



TEXAS A&M UNIVERSITY
Engineering





Texas A&M Engineering and the Resilience Institute has partnered to offer a Master Certificate in Resilience Training that will help you individually and your team to thrive in these volatile uncertain complex and ambiguous times. The certificate program consists of four 2-hour weekly webinars. These live webinar presentations, tools and a research-based App will inspire participants to use resilience skills immediately while encouraging the development of positive habits that will support them in the professional and personal life.

We define resilience as the learned ability to Bounce, Grow, Connect and Flow. This framework incorporates physical, emotional and mental fitness. Our evidence-based program is practical and engaging. The integration of concepts from neuroscience, positive psychology and preventative medicine ensures that the journey is relevant to everyone, ranging from those experiencing anxiety and distress to those actively seeking to lift performance and optimise their lifestyle.

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. The first step in the journey is the Resilience Diagnostic - an interactive assessment that provides you with immediate feedback and resources for building your strengths and reducing your risk areas. You will receive an invitation for the Resilience App the week before the webinars commence.

Program

The Resilience program will include:

- Resilience weekly webinars
- The Resilience App
- The Resilience diagnostic assessment
- One-year of weekly practice tips

On average we demonstrate a 38% increase in resilience post-training, as measured with our Resilience Diagnostic assessment. The greatest improvements seen are across mental health, personal well-being, stress management, recovery and focus.



Webinar Content

Texas A&M Engineering and Resilience Institute facilitators will deliver uplifting and engaging virtual training sessions that explore the core components of resilience, as shown in the table below over a span of one month. We will offer practical and inspiring sessions where we:

- Present the Resilience Diagnostic results as an opening discussion
- Have weekly program focused on Bounce, Grow, Connect, and Flow.
- Explore core content (self-awareness, the downward spiral, tactical calm, sleep, vitality, emotional agility, focus and flow state)
- Encourage use of the videos, goal-setting and attention training functionality within the Resilience App

The webinar will be delivered in 2-hour formats featuring breakout rooms, group dialogue and practical exercises. Sessions will be recorded for those who are unable to attend for personal or professional reasons.

	BOUNCE	GROW	CONNECT	FLOW
CORE CONTENT	<ul style="list-style-type: none"> • Define resilience • Science and practice • Resilience diagnostic • How resilience fails • Rapid bounce • Tactical calm • Relaxation 	<ul style="list-style-type: none"> • Health vitality • Sleep and fatigue • Impulse control • Positivity • Attention control • Integral daily practice 	<ul style="list-style-type: none"> • Emotional intelligence • Insight (self-awareness) • Mastery • Empathy • Emotional literacy 	<ul style="list-style-type: none"> • Optimal performance • Finding flow • Deliberate practice • Situation awareness • Situation agility • Development planning
OUTCOMES	<ul style="list-style-type: none"> • Clear understanding of resilience and mental health • Understanding how to read and act on your Resilience Diagnostic report • Know how resilience fails and how to detect it early • Recognize anxiety, withdrawal and other risks • Learn real-time skills in bounce back and recovery • Able to use techniques to improve stress management, sleep, focus and relaxation 	<ul style="list-style-type: none"> • Securing sleep, dealing with fatigue and travel • Understanding of high-risk behavioural patterns • Knowing how to fit your self-care into your day • Reduce impulsivity; effective under pressure • Counter negative and build constructive emotions • The benefits of adopting a growth mindset • Recognizing how to focus and rejuvenate the mind 	<ul style="list-style-type: none"> • Understand the basics of emotional intelligence • Building self-awareness • Developing emotional literacy and taking time to recognize and understand facial expressions, posture and other signals • Learning empathy as a competence with practical tips and exercises • Ability to confidently interact with customers and colleagues 	<ul style="list-style-type: none"> • Understand how individuals and teams achieve high performance • The neurobiology of flow state • How to create the conditions for deep work and flow • Learning how to respond to complex situations dynamically • How to reframe body, emotion and mind • Build a comprehensive personal plan

Resilience App

The complete digital toolkit for measuring and developing resilience skills. The app is used by organizations across the world to drive sustainable learning, while providing intelligence across 11 categories and 60 factors of resilience. Organizations use the group reports to track the human growth and development, in the areas of well-being and mental health and high performance. The Resilience App is:

- Multiplatform - use a web browser or download the smartphone app
- Secure, confidential and GDPR compliant – we follow the principles of privacy by design
- Flexible to meet multiple learning styles – practical, auditory, visual, deep learning
- Available in 6 languages (English, Dutch, Spanish, German, French, Mandarin).

We offer the Resilience Diagnostic 60-factor assessment to the group pre-training and at defined milestones throughout the learning journey.

The Resilience Diagnostic takes 5-8 minutes to complete and provides each participant with:

- A Resilience Ratio score with personal recommendations for improvement
- An interactive resilience spiral with traffic light indicators alongside each category
- Definitions, explanations, practice tips, links and references for 60 factors of resilience
- Downloadable reports in PDF format

The tool has been validated with peer-reviewed psychometrics, including High Reliability (Cronbach's Alpha), Construct Validity, Confirmatory Factor Analysis and Item Response Theory.

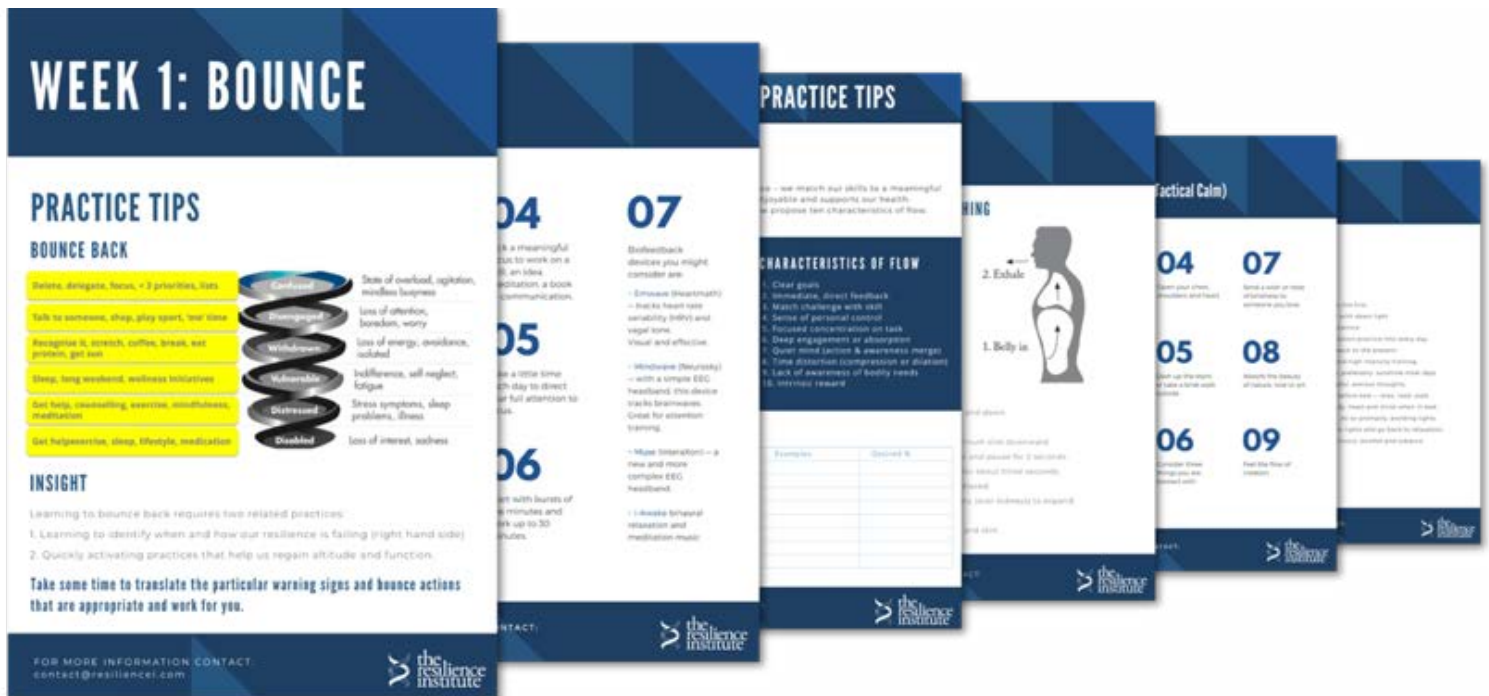


Video Training

Video training within the Resilience App supports our webinar sessions by providing participants with the opportunity to deep dive into the learning journey via 55 micro-learning videos. We provide a high-quality downloadable PDF workbook to accompany the training program.

Practice Tips

As part of our program, we offer 52 weekly practice tips to maintain momentum and reinforce core concepts. Participants are encouraged to find a 'buddy' to build accountability and have fun while developing competencies. Some organizations match this with a regular group challenge. Practice tips are completely optional.



**“I’d recommend this program on several levels, but I’d highlight the following:
This a program that genuinely helps people improve their wellbeing and health as individuals.**

It’s a fantastic way to demonstrate that the organization is genuinely committed to their staff.

Progress is measurable.

It’s holistic – dealing with the whole person.

It has a whole program of support around it.”

John Bell, Chief Information Officer, Fletcher Building (20k employees)

Program Structure

The designed program structure shows how the Resilience App supports the learning journey: measure, learn, achieve goals and then measure again.

Cost

CORE PROGRAM COMPONENTS	
4 Webinar sessions <i>Recording supplied if using our technology.</i>	\$995
Resilience App <i>Includes all functionality for 12 months.</i>	Included
Diagnostic Debrief Reports	Included
Comms support and weekly practice tips	Included

Corporate Program

Please note that this is a program for developing individual resilience. To build team resilience and measure group strengths and risks please contact us for an overview of our solutions for organizations. For 18 years the Resilience Institute has supported companies around the world with training and toolkits that are proven to increase resilience, improve well-being and cultivate the conditions for high performance.

Please contact Dr. Zoghi at zoghi@tamu.edu for detail information.

