

A SCIENCE-BASED DIGITAL SERIES TO

BOOST RESILIENCE

The Science and Practice of Resilience



In the midst of change and disruption, building and nurturing resilience can help us stay safe, well, connected and effective. In this webinar series you will learn current best practices to boost your physical, emotional and mental resilience and take home new problem solving frameworks and life practices that have proven impact.

Participants will enjoy a mix of personal assessments, small group webinars and discussions, self-guided online course and weekly resilience tips over a period of twelve months.

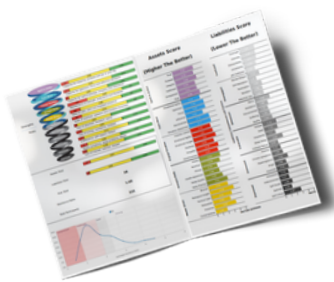
Webinars Series



An engaging learning experience designed to boost personal resilience with practical tips and insights.

- Four livestream webinar sessions
- 1pm UK on May 15th, May 22th, May 29th, and June 5th
- Session length: 1 hour + 30-minute Q&A
- Small group format for optimal learning benefit
- Missed one session? You'll get the full recording and a 20-min 1:1 debrief

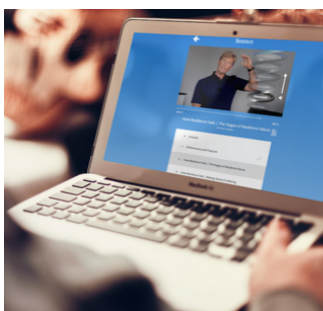
Resilience Diagnostic



The Resilience Diagnostic measures 11 categories and 60 factors of resilience. It includes a dynamic and interactive self-coaching tool.

You will receive two Resilience Diagnostic reports (pre & post course) detailing your strengths, gaps and risks with practical recommendations for improvement.

Online Course



Presented by our founder Dr Sven Hansen in over 50 micro-learning videos, this self-guided learning journey explores the key modules of Bounce, Grow, Connect and Flow.

Also, includes a goal-setting app, and a meditation module.

Access to our online platform is granted for a period of twelve months.

Programme Structure



The world's largest brands call us when they need their leaders and teams to optimise performance, or bounce back fast. Governments and educational institutions call us to help them navigate tricky situations with confidence and courage. Individuals sign up to our training programs to learn resilience anytime, anywhere. Maybe you are ready for this journey too?



RESILIENCE DIAGNOSTIC

Before and after the programme, you will complete your Resilience Diagnostic and receive a personalised assessment report providing comprehensive insights into your resilience and wellbeing, and tracking your progress over time.

1

WEBINAR

COVID-19: a Resilience opportunity
The Resilience Spiral
Bouncing strategies
Tactical calm & rejuvenation

MAY 15TH - 1PM
BOUNCE & REJUVENATE

2

WEBINAR

Integral fitness
Nutrition
Sort out Sleep
Craft your energy menu in a busy day

MAY 22TH - 1PM
MASTER LIFESTYLE

3

WEBINAR

Emotion in performance supply chain
Self-awareness and emotional literacy
Impulse control and positivity

MAY 29TH - 1PM
ENGAGE EMOTION

4

WEBINAR

Attention control
Thinking traps
Seek out optimistic positions
Personal Development Plan

JUNE 5TH - 1PM
TRAIN MIND

12-MONTH SELF-GUIDED COURSE

Dive in at your convenience and explore our four core resilience modules through 50 micro-learning videos. Videos average five minutes in length and the app knows where you left off, to save time and effort.

Cost

Webinar series + 2 resilience diagnostics + online course + resilience practice of the week:

- £ 350 per person (French Chamber of Great Britain members)
- £ 390 per person (non-members)

Webinar Series:

- £ 250 per person (French Chamber of Great Britain members)
- £ 290 per person (non-members)

Participation is limited to 20 pax, so please register early

Prices ex.VAT

To register please contact Anne Dufour: anne.dufour@resiliencei.com

10% of the course fees will be donated to The Prison Phoenix Trust, a charity that teaches Yoga and meditation in UK prisons.

Your Facilitator



Thierry Moschetti
Partner Europe

After fifteen years in various leadership positions in Europe and in Asia, Thierry founded The Resilience Institute in the UK and in Singapore, part of an international network of resilience experts. Thierry is a resilience practitioner and facilitator dedicated to support teams and organisations thrive in times of change with a very evidence-based, practical and integral methodology. He has delivered keynotes, workshops and coaching programmes around the world over the past decade. He is a keen runner and Taichi practitioner. (thierry.moschetti@resiliencei.com)

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 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. They have built healthier bodies, achieved greater levels of emotional intelligence, and have developed stronger minds.

For further insights, please visit www.resilience-institute-europe.com

