



# The Breakthrough Resilience and Well-being Course©



***We exist to empower leaders and teams to breakthrough and achieve their potential!***

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# The Breakthrough Resilience and Well-being Course©

Would your leaders and team members benefit from a cutting-edge resilience training course or program?

Every human being and every organisation will face challenging times. Sometimes these difficulties arise daily, while others are infrequent but may be major watershed life experiences, generating higher levels of stress. In the face of an increasingly complex technological world of human connections, and in times of global turmoil, pandemics, Organisation pressures and uncertainty, the skills associated with resilience are more valuable than ever.

Navigating in a peaceful and effective way through the difficulties of life, involves acquiring and practicing a set of focussed resilience skills. Here are some of the outcomes you and your team can expect from this course:

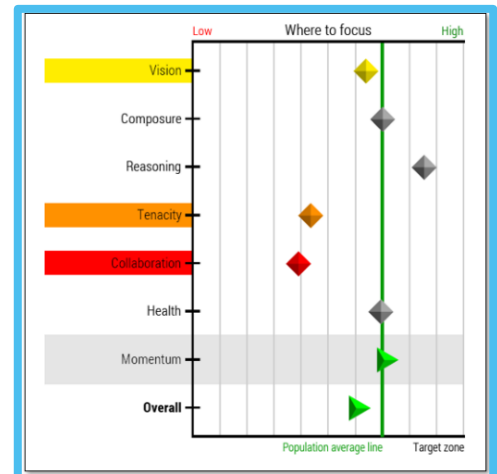
- A deeper understanding behind the neuroscience of resilience including neuroplasticity.
- Each participant will get to complete a Predictive 6-Factor Resilience Assessment©.
- An awareness of why stoic grit may not be helpful.
- Practice in using resilience building tools.
- Motivation to build a resilient workplace and a resilient life.



☑ 1-2 Hour | ☑ 1/2 Day | ☑ Full Day | ☑ Custom Program



This course is Led by Certified Resilience Coaches. Each participant will receive a Driven - Predictive 6 Resilience Assessment© which they will complete before the on-site team building day. Our team will prepare an introduction video and email for your participants. This will help introduce ourselves, create excitement and we will share the easy-to-follow directions for the pre-work. Each participant will receive a personal Resilience Report PDF and we will generate a Team Resilience Report with rich insights for your key Leaders.



First it was IQ, then it became EQ. Now there is increased importance on RQ. The Resilience Quotient. These skills are increasingly needed by people at all ages and all life stages. As change accelerates, people need the mental skills to thrive despite adversity. Through your Predictive 6-Factor Resilience Assessment© and through our training we will unpack the neuroscience behind the 6 Domains of Resilience.



## VISION

Basic Human Needs  
Purpose & Meaning  
Alignment & Priorities  
Motivating Goals

## REASONING

Planning & Prevention  
Adaptation  
Introspection  
Resourcefulness

## TENACITY

Persistence  
Motivation  
Realistic Optimism  
Bounce Back

## COMPOSURE

Emotional Awareness  
Stress Management  
Calm & In Control  
Mindfulness

## COLLABORATION

Good Relationships  
Social Confidence  
Support Networks  
Trust & Teamwork

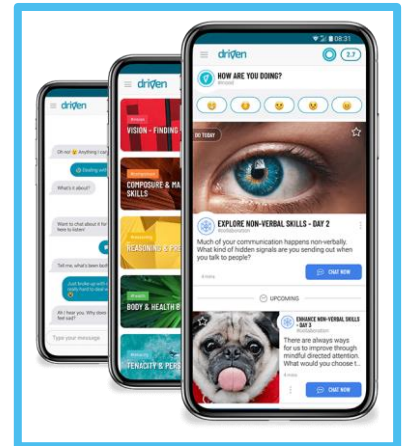
## HEALTH

Quality Sleep  
Regular Exercise  
Healthy Nutrition  
Positive Health View

This course is led in 2 Parts that layer on top of each other. We will tailor to your team's resilience needs.

### Part One – The Foundation of Resilience

- Why resilience training is crucial in every workplace.
- Learn which areas of the brain are involved when we should build resilience and what helps the learning process.
- What is the link between Resilience and Well-being?
- The neuroscience of resilience and neuroplasticity.
- Unpacking your Individual **Predictive 6-Factor Resilience Assessment**®.
- Creative questions to ask when facing life's challenges.



### Part Two – Building Your Resilience Tool Kit

- Deepened Training on the 6 Domains of Resilience - Vision, Composure, Reasoning, Health, Tenacity and Collaboration.
- How self-care can create a “resilience umbrella” to help protect you.
- Putting Resilience and Well-being strategies into practise through developing your resilience tool kit with skills like vulnerability, mindfulness, having compassion, gratitude, avoiding catastrophizing, reframing, openness, self-awareness, and a willingness to share (and seek help with) problems.
- Setting up your Driven Resilience App for ongoing Resilience Training. You'll find some really helpful micro tasks and resilience training within this state-of-the-art app with over 1000 Resilience activities. This App has integrated breathing activities, calm and composure techniques, Driven Resilience AI Coach and so much more.

We help you create a resilient organisation. Years of science-based research and hundreds of thousands of dollars have been invested in this material, the Driven Resilience App, the Driven AI Coach, and the Driven training platform that we use.



### Specialty Options: Resilience First Aid (RFA) Certification and High Adversity Resilience Training (HART)

We have a partnership with Hello Driven and Jurie Rossouw to offer The Resilience First Aid (RFA) Certification and High Adversity Resilience Training (HART) options. Resilience First Aid is a proactive and preventative approach to mental health. You will learn how to build mental fitness through our practical approach. The training gives your team members conversational tools, along with physical and digital resources to help facilitate conversations and more. This 2-day Resilience First Aid Certification course teaches Leaders, Managers, and peers how to champion resilience within the organisation. You will be proactively protecting mental health, using positive strength-based language and tools to build a resilient culture with strong support networks, enhancing teamwork and trust.



High Adversity Resilience Training (HART) is developed for medical and military personnel, emergency responders and high impact occupations where high resilience is required. This specialised training option enables people in these types of roles to learn about evidence-based specialist resilience skills that are designed specifically for the unique challenges that they face. Participants will also learn how to frame resilience in a cultural context.

The overall training/coaching is aimed to help participants understand the nature of resilience and how it connects with their personal well-being. This course will help participants to implement proactive resilience strategies that will benefit the individual and the workplace culture. This course can be run in the following formats: 1-2 Hours, Half Day, Full Day, and Custom Program options are available. Call +61 481 307 778 or email [office@breakthroughcorporatetraining.com.au](mailto:office@breakthroughcorporatetraining.com.au) for more information.

## Empowering leaders and teams to breakthrough and achieve their potential!

Breakthrough Corporate Training offers workshops, corporate training, coaching, team building, retreats and speaking services to organisations in Australia and worldwide. Breakthrough Corporate Training has a strategic partnership with TransforMe Learning and combined, we have over 70,000 hours of coaching/mentoring/training experience in organisations. 10s of 1000s of People from organisations in Sydney Australia and around the world have been transformed through our talks, corporate training, coaching, and mentoring. See some of our combined clients below.



### Our Vision

Breakthrough Corporate Training is a Sydney Australia-based corporate training leader. We facilitate powerful breakthroughs that transform team culture through our CLASS (Communication, Leadership And Soft Skills) and RAW (Resilience And Well-being) Courses and Programs. Our clients experience transformation through our on-line and on-site training, coaching, team building, retreats, and keynote talks. We add enormous value to teams as they become healthy, cohesive, and successful.

### Our Core Purpose

To Empower Leaders and Teams to Breakthrough and Achieve Their Potential!

### Our Core Values

Our Core Values show you what is really important to us and how we behave. Our core values demonstrate who we are at our core to our clients. These Core Values are intrinsic to who we are, and they do not change. Our Core Values are *Engagement, Breakthrough, and Passion*.

- Engagement* – We are engaged in every client encounter.
- We empower leaders and teams to *Breakthrough*.
- Passion* is our energy that fuels transformation experiences.

Our Nurture Values are values that we care about and that we aim to demonstrate in our behaviour. These values reflect our standards and how we function in our organisation. Our Nurture Values are *Relevance, Heart, Integrity, Presence, Truth, Courage, and Teamwork*.



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