

The Resilience Project Corporate Program



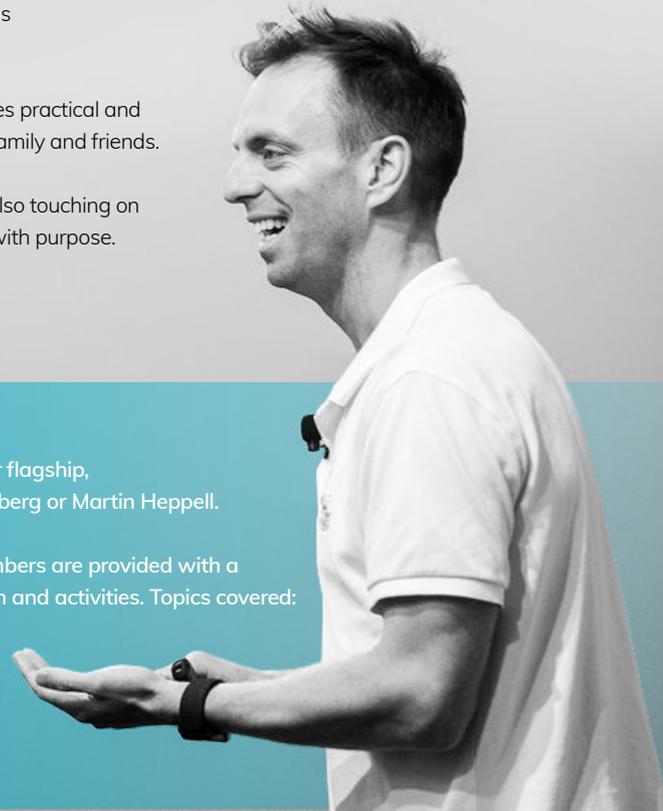
Overview

The Resilience Project delivers emotionally engaging presentations and wellbeing programs to build resilience and positive mental health in the workplace.

Through storytelling and behaviour-change communications, the Corporate Program shares practical and evidence-based strategies to manage wellbeing, both in the work environment, and with family and friends.

The program focuses on the key resilience pillars of Gratitude, Empathy and Mindfulness, also touching on other wellbeing factors including; emotional literacy, exercise, social connection and living with purpose.

We walk through the research, share personal experiences, and offer solutions for incorporating resilience strategies into day to day life.



The Corporate Program

Discovering Resilience presentation – All of our corporate engagements begin with our flagship, 90 minute presentation delivered by The Resilience Project Presenters Hugh van Cuylenberg or Martin Heppell.

Digital Wellbeing Series – Following the Discovering Resilience presentation team members are provided with a 10-part online series consisting of short videos, with complementing written information and activities. Topics covered:

1. Gratitude
2. Empathy
3. Mindfulness
4. Emotional Literacy
5. Devices
6. Social Connection
7. Living with Purpose
8. Exercise
9. Sleep
10. Diet

Supporting Program Resources

To continue education and facilitate long-lasting behaviour change, we offer a number of ongoing offerings that can be tailored to suit outcome and budget.

Wellbeing Journals – Our 21 day and 6 month [journals](#) enable personal reflection and practice of emotional, physical and mental health. They have been designed on research around habit creation and building resilience.

TRP App (with optional impact evaluation) – [Our app](#) is a daily well-being journal designed to build positive mental health habits. It consistently ranks in iTunes Top 10 Health and Fitness apps.

For organisations wishing to evaluate the impact of the app and record de-identified wellbeing data, The Resilience Project can provide an opt-in evaluation of staff's app usage. This is available in conjunction with the 10-part Digital Wellbeing Series outlined above, and is presented as a report summarising the App usage and results at the completion of the Digital Series communication strategy.

Program Outcomes

The presentation, communications and action-oriented resources, are designed to:

- Provide practical and evidence-based strategies to practice on a daily basis
- Assist staff to deal with stress and difficult situations
- Improve overall wellbeing and connection to self and others
- Support behaviour change and long-term adoption of strategies

Cost

Corporate Program:

Includes Discovering Resilience presentation and 10-part Digital Wellbeing Series: **\$8,900**

Supporting Program Resources:

Wellbeing Journals:

21 Day Gratitude Journal: **\$16.50 each**

6 Month My Resilience Project: **\$30 each**

(Discounts can apply for large orders)

The Resilience Project App:

App: **\$4.49 per licence** (please note a bulk

purchase of Apps is only available for I-Phone)

Impact evaluation: **\$500**

If your organisation is interested in the Discovering Resilience presentation as a stand-alone option or conference, please enquire for availability and costs: enquiries@theresilienceproject.com.au

Prices are exclusive of GST.

Presentation dates are subject to availability.

About The Resilience Project

The Resilience Project provides evidence-based positive mental health programs to build resilience and happiness.

Through public talks, school curriculum, app and community programs, we've reached hundreds of thousands of people Australia wide including: 700 schools, NRL and AFL clubs, and a research partnership with Melbourne University. Find out more at theresilienceproject.com.au

The research



1 in 5 adults will experience mental health problems this year. **Prevention is key** to proactively building happy and healthy minds – reducing the burden of mental ill-health for both the individual, and a business's bottom line.

Research by Beyond Blue and PricewaterhouseCoopers found that every dollar spent creating a mentally healthy workplace, **has an average return on investment of 2.3.**¹

Gratitude. Gratitude is being thankful and expressing appreciation for what one has – as opposed to focusing on the lack of something, or emphasising the 'wants' that society and consumerism can project onto us.² Research shows that practicing gratitude rewires our brains to overcome the negativity bias (which can lead to anxiety and depression) and see the world what we are thankful for. It is also shown to broaden thinking, and increase physical health through improved sleep and attitude to exercise.

Empathy. Empathy is the ability to understand another person's thoughts and feelings from their perspective.³ Research shows that practicing empathy such as performing acts of kindness, taps into our brain's 'mirror neurons', builds compassion and our behaviour becomes more social and community-based.⁴ "Brain imaging data shows that being kind to others registers in the brain as more like eating chocolate than like fulfilling an obligation to do what's right (e.g., eating brussel sprouts)."⁵ It's also shown that "80% of our happiness is derived from friendship, loving relationships, spirituality, health, and work fulfillment."⁶

Mindfulness. Mindfulness is about practising a moment-to-moment awareness of thoughts, feelings, bodily sensations, and surrounding environment – with curiosity, and without judgement.⁷ Mindfulness can be practiced through meditation, yoga, flow-states and daily activities such as cooking. Thousands of studies have proven benefits include reduced stress, reduced rumination, increased memory, increased cognitive function and physical health benefits through improved immunity.⁸



1 [Creating a mentally healthy workplace Return on investment analysis, PwC, 2014](#)

2 [Psychology Today, gratitude](#)

3 [Psychology Today, empathy](#)

4 [Psychology Today, empathy](#)

5 [UC Berkeley, Greater Good Science – compassion](#)

6 [Prosperity Without Growth: Economics for a Finite Planet, Tim Jackson](#)

7 [UC Berkeley, Greater Good Science – mindfulness](#)

8 [American Psychological Association – mindfulness](#)