

THE  
**RESILIENCE  
PROJECT**

# CORPORATE PROGRAM

**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.

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

The Resilience Project has two programs available to support organisations on their employee wellbeing journey. Starting with **Discovering Resilience**, this program focuses on the key research-backed pillars to resilience: **gratitude, empathy and mindfulness (GEM)**.

For organisations wishing to explore more, the **Authentic Connection** program is offered; sharing strategies and benefits of **connection, vulnerability and leading wellbeing**.

Throughout both programs, additional complementing wellbeing practices are explored including; emotional literacy, exercise, sleep, healthy eating and managing devices. Connected Parenting workshops are also available.

## PROGRAM OUTCOMES

The presentations, 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**



Programs are offered in a range of options to allow workplaces to integrate The Resilience Project at varying depths. We provide touch points across a whole organisation; from large-scale presentations and digital wellbeing campaigns, to peer learning sessions and leadership support.

## Discovering Resilience

### Discovering Resilience presentation

All corporate engagements begin with this flagship, 60 minute presentation delivered by The Resilience Project Presenters Hugh van Cuylenburg or Martin Heppell. Presentations are available in-person or via live webinar.

### Digital Wellbeing Series

Following the Discovering Resilience presentation, employees can be 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   |

### Peer Learning Program

This is a series of three facilitated sessions where participants share experiences, challenges and tips relating to wellbeing (in the workplace, when managing teams, individually, and at home with family). This dual process of team building and self-reflection is a meaningful and engaging way to explore mental health in a structured and environment, based on storytelling. Sessions are hosted online with eight people per group for intimate learning, or a maximum of 30 people for broader exploration. The same group of people participate in all sessions to embark on this deep dive into Discovering Resilience together. The three sessions cover gratitude, empathy and mindfulness.

Option 1:	Option 2:	Option 3:	Option 4:
<b>Discovering Resilience Immersion</b> (6-12 month program)	<b>Discovering Resilience Program</b> (6 month program)	<b>Discovering Resilience Introduction</b> (one-off)	<b>Discovering Resilience Conference</b> (one-off)
Discovering Resilience presentation <ul style="list-style-type: none"> <li>In-person</li> <li>Live webinar</li> </ul>	Discovering Resilience presentation <ul style="list-style-type: none"> <li>In-person</li> <li>Live webinar</li> <li>Pre-recorded</li> </ul>	Discovering Resilience presentation <ul style="list-style-type: none"> <li>In-person</li> <li>Live webinar</li> </ul>	Discovering Resilience presentation <ul style="list-style-type: none"> <li>In-person</li> </ul>
Digital Wellbeing Series	Digital Wellbeing Series	Journal or App (optional)	Journal or App (optional)
Peer Learning Program (3 sessions)	Journal or App (optional)		
Journal or App (optional)			
<b>Price:</b> <b>In-person:</b> \$18,200 <b>Live webinar:</b> \$16,600	<b>Price:</b> <b>In-person:</b> \$9,500 <b>Live webinar:</b> \$7,900 <b>Pre-recorded:</b> \$5,500	<b>Price:</b> <b>In-person:</b> \$6,500 <b>Live webinar:</b> \$4,900	<b>Price:</b> <b>In-person:</b> \$8,900
Plus Journal and App cost	Plus Journal and App cost	Plus Journal and App cost	Plus Journal and App cost

All costs exclude GST.

## Authentic Connection

### Authentic Connection presentation

This sequel presentation explores the next series of stories and strategies to support wellbeing. Focusing on the benefits of connecting with our community, nature and ourselves, presenters Hugh van Cuylenburg or Martin Heppell share the research and ways to integrate these into everyday life. Complementary topics such as devices, emotional literacy and connected parenting are also introduced.

### Digital Wellbeing Series

Following the Authentic Connection presentation, an organisation can support employees with the 21 Days of Connection digital campaign. Drawing on the evidence which shows it takes 21 days to create a new habit, the campaign outlines seven ways to connect, and three types of people to connect with – resulting in 21 activities to practise connection, and reflect on the experience. The campaign includes:

- **21 Days of Connection calendar:** This online calendar is a visual presentation of the 21 connection activities available for employees. For each activity, there is also a reflection question, with the option to complete the activity and anonymously submit reflections and learnings.
- **Three-part online series consisting of short videos, with complementary written information and activities.** Topics covered are connection, vulnerability and leading wellbeing.

### Peer Learning Program

This series of three facilitated sessions flows on from the Discovering Resilience Peer Learning program. In the same facilitated peer learning format, participants share their stories, experiences, challenges and tips relating to wellbeing in all facets of life. The three sessions cover connection, vulnerability and leading wellbeing.

Option 1:	Option 2:	Option 3:	Option 4:
<b>Authentic Connection Immersion</b> (6-12 month program)	<b>Authentic Connection Program</b> (6 month program)	<b>Authentic Connection Introduction</b> (one-off)	<b>Authentic Connection Conference</b> (one-off)
Authentic Connection presentation <ul style="list-style-type: none"> <li>• In-person</li> <li>• Live webinar</li> </ul>	Authentic Connection presentation <ul style="list-style-type: none"> <li>• In-person</li> <li>• Live webinar</li> <li>• Pre-recorded</li> </ul>	Authentic Connection presentation <ul style="list-style-type: none"> <li>• In-person</li> <li>• Live webinar</li> </ul>	Authentic Connection presentation <ul style="list-style-type: none"> <li>• In-person</li> </ul>
21 Days of Connection digital campaign	21 Days of Connection digital campaign	Journal or App (optional)	Journal or App (optional)
Peer Learning Program (3 sessions)	Journal or App (optional)		
Journal or App (optional)			
<b>Price:</b> <b>In-person:</b> \$18,200 <b>Live webinar:</b> \$16,600	<b>Price:</b> <b>In-person:</b> \$9,500 <b>Live webinar:</b> \$7,900 <b>Pre-recorded:</b> \$5,500	<b>Price:</b> <b>In-person:</b> \$6,500 <b>Live webinar:</b> \$4,900	<b>Price:</b> <b>In-person:</b> \$8,900
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## 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.**<sup>1</sup>



### 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.<sup>2</sup> Research shows that practicing gratitude rewires our brains to overcome the negativity bias (which can lead to anxiety and depression) and see the world for 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.<sup>3</sup> 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.<sup>4</sup> “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).”<sup>5</sup> It’s also shown that “80% of our happiness is derived from friendship, loving relationships, spirituality, health, and work fulfillment.”<sup>6</sup>

### MINDFULNESS

Mindfulness is about practising a moment-to-moment awareness of thoughts, feelings, bodily sensations, and surrounding environment – with curiosity, and without judgement.<sup>7</sup> 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.<sup>8</sup>

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](#)

### 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 over a million people Australia wide including: 1000 schools, NRL and AFL clubs, and a research partnership with Melbourne University.