

DISCOVERING RESILIENCE

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 **Discovering Resilience** program is the flagship offering for workplaces, focusing on the research-backed strategies: **gratitude, empathy** and **mindfulness (GEM)**. This introductory program is for organisations new to The Resilience Project and their GEM journey.

Throughout the program, other complementing wellbeing practices are explored including: emotional literacy, exercise, sleep, healthy eating and managing devices.

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



DISCOVERING RESILIENCE PROGRAM

The Discovering Resilience Program is 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 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:
Discovering Resilience Immersion (6-12 month program)	Discovering Resilience Program (6 month program)	Discovering Resilience Introduction (one-off)	Discovering Resilience Conference (one-off)
Discovering Resilience presentation <ul style="list-style-type: none"> In-person Live webinar 	Discovering Resilience presentation <ul style="list-style-type: none"> In-person Live webinar Pre-recorded 	Discovering Resilience presentation <ul style="list-style-type: none"> In-person Live webinar 	Discovering Resilience presentation <ul style="list-style-type: none"> In-person
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)			
Price: In-person: \$18,200 Live webinar: \$16,600	Price: In-person: \$9,500 Live webinar: \$7,900 Pre-recorded: \$5,500	Price: In-person: \$6,500 Live webinar: \$4,900	Price: In-person: \$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.

DISCOVERING RESILIENCE PROGRAM

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 Wellbeing Journals enable personal reflection and practice of emotional, physical and mental health. They have been designed on research around habit creation and building resilience. A Family Journal is also available; offering daily reflections, questions and practical activities for families to complete together.

Cost:

21 Day Gratitude Journal: \$16.50 each

6 Month My Resilience Project: \$30 each

Family Journal: \$25 each

(Discounts can apply for large orders)

TRP App

The Resilience Project 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.

Cost:

App: \$4.99 per licence

(please note a bulk purchase of Apps is only available for iPhone)

Leadership engagement

Additional presentations and workshops are available for select leadership groups.

The Resilience Project has worked with emerging leaders and General Managers through to C-Suites and Boards of Directors.

Strategic direction and creative execution

The Resilience Project can offer strategic input to a company's internal wellbeing campaigns and communications.

This includes video production that uses presenters Hugh and Martin as talent.



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.

THE

RESILIENCE PROJECT

CORPORATE PROGRAM

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 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.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](#)