

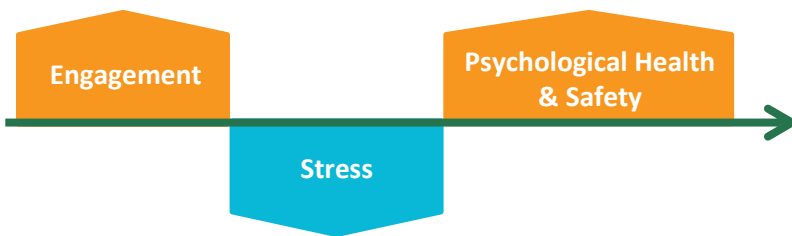
### Why is resilience important for organizations?

Resilience is associated with **increased engagement**

Resilience equips employees with the skills and capacity they need to **handle stress** at work

Resilience equips individuals with the skills they need to **manage emotions** at work

Resilient training contributes to a **culture of psychological health and safety**



### Founder's Message



*"The notion of mental fitness is inherently optimistic and hopeful. It shifts us from an illness approach to a growth mindset. Our deep understanding of neurobiology and emotion, working at subcortical structures in the brain to promote lasting change, is what differentiates the Air® approach to resilience training.*

***Mental fitness is the game changer."***

-Dr. Jackie Kinley, MD, founder

### What is included in the Talk?

The global pandemic has had an enormous effect on individuals' ability to manage stress. As people, businesses, communities and nations, these stressors have changed the social and psychological landscape of our world.

How do we respond in the face of such adversity? How can we maintain a positive and productive working environment?

Over 90-minutes, an expert Air Faculty and Coordinator will answer these questions and more in this engaging and informative talk.

We start the Talk by taking a pause to acknowledge the effect of extraordinary stress on ourselves and our teams.

Then, we learn how identify ourselves and others on the resilience spectrum and become aware of the associated thoughts, feelings, and behaviours of each level. This improves our awareness and gives mutual understanding and language.

Next, we offer tips for staying resilient during this challenging time.

We then introduce the paradigm of mental fitness: Resilience is a capacity that can be built!

Finally, we iterate the importance of resilience training to fortify individuals and teams so they can stay healthy and high performing under stress.

