

The Foundations of Resilience Series

Resilience Training for Organizations

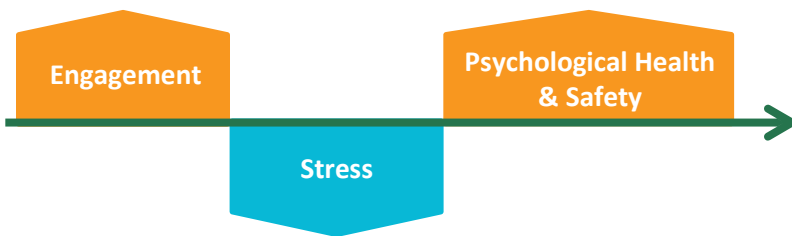
Why is resilience important for organizations?

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 Series?

The **Foundations of Resilience Series** is a simple, yet comprehensive introduction to resilience training.

This is perfect for teams or organizations of any size looking to lay a foundation of resilience for future skill building. Mental fitness starts here.

This Series is comprised of four 90-minute live sessions, with online library access for review:

- 1. Establishing a Resilience Mindset:**
Cultivating a growth mindset is necessary to thrive during stressful times. We introduce the Be Fit framework, the four mental muscle groups, and key resilience skills.
- 2. Developing Mental Discipline:**
Stress is a fact of life. This session explores common manifestations of stress and elucidates how fear can be leveraged to manage stress in positive and adaptive ways.
- 3. Making Sense of Emotions:**
We will uncover key insights into the role emotions play in our lives and the importance of harnessing that energy to motivate positive growth and development.
- 4. Forging Strong Relationships:**
Stress need not damage relationships; collective resilience can be built through commitment, compassion and understanding, forging invaluable connections that mutually protect.

