

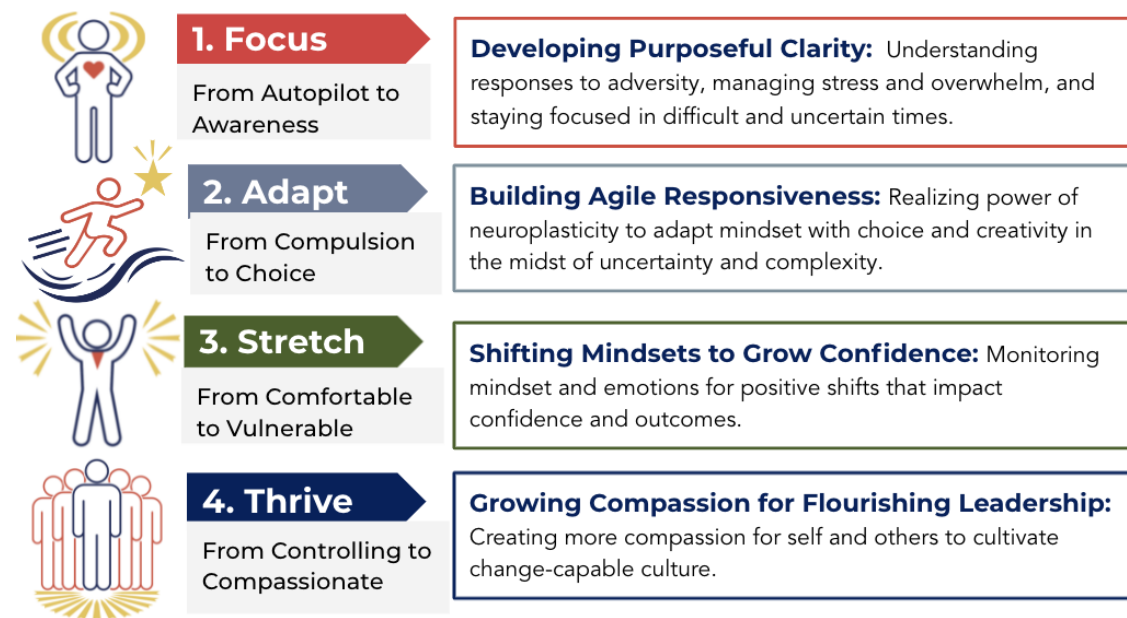
The 4 Keys to Brilliant Resilience Program

From Burnout to Brilliance. The Secret to Thriving through Change.

The latest neuroscience and behavioral research suggests that adaptive resilience - the ability to recover from adversity, adapt and thrive - can be systematically developed as a set of emotional intelligence skills, especially in challenging times of uncertainty and change.

F.A.S.T. Formula: Slow Down to Accelerate for Peak Impact & Wellbeing

This program uses a four step F.A.S.T. formula to cultivate resilience. It will enable participants to build the useful behaviors, mental habits and micro-practices that promote mental fitness and also grow a culture of resilience within teams and organizations. The program is highly interactive with emphasis placed on concrete, practical skills and tools that participants can implement immediately to: manage stress, sharpen clarity & focus, exercise choice in the face of adversity, stretch mindsets beyond barriers and thrive with compassion for self and others.



Range of Options, Customized for your Needs - Virtual or In-Person:

Based on the Google born Search Inside Yourself program, experiential exercises blend with content and practical tools to impact attentional control, emotion regulation, self awareness.

- Introductory: 90 minute session designed as resilience overview with brief practices
- Immersive: one-day deeper training which can be spread out in three 2.5 hour sessions

Digital Resilience Toolkit Upon Completion: All program participants receive access to a 28 Day digital resilience toolkit to enable ongoing learning and skill sustainment.

To learn more, contact stephanie@mindfiremastery.com