



Creating and Celebrating Mentally Healthy Workplaces

Building Resilience

Turn Adversity into Advantage. Be ready for anything.

Imagine being able to confront challenges—whether at work, at home, or in life—and remain calm, clear-headed, and confident. What if you had reliable tools to help you recover, channel your energy, and thrive, regardless of what lies ahead?

Resilience is more than just bouncing back from challenges; it is about advancing despite adversity, transforming setbacks into opportunities for growth, and thriving despite difficulties. In today's world, resilience has become an essential trait for individuals, communities, and organisations to navigate through the complexities brought on by socio-economic instability, global challenges, and rapid changes.

Why Resilience Matters Now More than Ever in Today's Workplace!



Resilience is not a luxury; it is a necessity. Many believed that moving past COVID-19 would bring relief, but ongoing challenges such as economic disruptions, climate change, and geopolitical tensions remind us of the importance of resilience. It helps individuals and communities cope with uncertainty and adversity. Resilience is not just about surviving; it is about thriving in the face of challenges and maintaining a sense of purpose and hope when confronted with difficulties.

The findings of the National Resilience Index serve as a critical reminder for everyone. It's essential that we take active measures to cultivate resilience within ourselves and offer support to those around us. This can be achieved through various means, including formal training initiatives, encouraging social connections, and prioritizing both mental and physical health. Ultimately, we all share the responsibility of contributing to the development of a resilient society.



Creating and Celebrating Mentally Healthy Workplaces

Training and Workshops

At Our Minds at Work, we provide interactive, in-person and online training tailored for organisations seeking to enhance their mental health and interpersonal communication competencies. This offering is expertly complemented by our Mental Health First Aid, Psychological Safety, and Psychosocial Hazards Training, along with our approachable Mental Well-being Calendar strategies. Resilience training is now available, following months of research to identify evidence-based materials that can be measured for proven success.

- ✓ Nearly all leaders, 97%, indicated their intention to implement what they've learned at work.
- ✓ It's encouraging that 95% of managers feel more or at least quite confident discussing workplace mental health with their teams!
- ✓ It's terrific to see that 89% of employees have reported using at least one strategy from the training or calendar!

Personal Resilience Essentials – Pre Training

- PRE is a four-hour course that measures current resilience levels, teaches 24 essential life skills, and equips participants with an AI tutor and mobile app to continue improving long after the training day.
- PRE Training kicks off with a detailed scientific resilience assessment, providing a highly valuable awareness that everyone needs to grow, beautifully mapped out through the PR6 Extended Resilience Report.

Participating in enjoyable group activities founded on evidence-based learning will significantly enhance our participants' educational experience, rendering it memorable, engaging, and satisfying.



Who is PRE Resilience Training for?

PRE Training develops the essential skills necessary for success in life.

- ✓ Workplaces wanting to provide the best for their people
- ✓ Teams experiencing rapid change or high demands
- ✓ HR, L&D and HSE leaders building a proactive mental-health strategy
- ✓ New graduates to senior executives - designed for every level and every industry.
- ✓ Individuals seeking a reliable, science-backed path to personal growth

PRE Resilience training sets a new standard in resilience assessment and training, combining years of science and experience

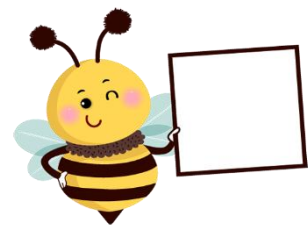
- Evidence matters - Built on peer-reviewed research with transparent psychometrics
- Scalable - From ten people to ten thousand, completely self-paced and mobile-friendly
- Engaging - High-quality visuals, relatable examples and instant AI coaching keep completion rates high
- Actionable - Participants leave with a concrete plan and an app that turns insight into a daily habit

Workplaces prioritising mental health have lower compensation claims, enhanced productivity, and increased employee retention.

<i>Format: Interactive Face-2-Face</i>	<i>Duration: 4 hours</i>	<i>Participants: Min 6</i>
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PRE Personal Resilience Essentials

Join us for a 4-hour workshop tailored for your workplace, focused on learning and assessing 24 essential skills necessary for thriving in life. The training begins with a comprehensive scientific resilience assessment, which delivers valuable insights that everyone can use for personal growth. This information is effectively presented through the PR6 Extended (PR6E) Resilience Report.



Supporting people leaders develop confidence and skills to assist their team's mental health, engage in safe conversations, and cultivate a culture of care and prevention.