



# RESILIENCE MENTOR COURSE

**APRIL 19-20, 2024**

WESTERN AUSTRALIA



**OCTOBER 23-24, 2024**

QUEENSLAND

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# ABOUT THE RESILIENCE MENTOR COURSE

## OVERVIEW

The Resilience Mentor course is a one and a half-day program designed for those interested in a deeper professional understanding of resilience and who are willing to act as points of contact, advisors and mentors for resilience in their workplace and communities. The course will include instruction on the research and philosophy underpinning resilience, as well as presentation skills development to ensure empathy, understanding and competency to deliver material relating to resilience.

The course will equip individuals with the detailed knowledge, skills and confidence to act as a mentor in the Resilience Shield methodology. Participants will be able to explain, and practically apply, the proprietary Resilience Shield diagnostic tools to assess individual resilience and subsequently develop Resilience Action Plans inside their organisations and communities. Resilience Mentors also understand where professional help might be required and will be able to recommend those needing deeper assistance into the correct pathways.

Upon completion of the course, Resilience Mentors are awarded a digital badge and digital certificate that can be used in professional and social profiles. They also receive ongoing access to our database of research, articles, videos and other content to assist them in the execution of their duties. Annual recertification and renewal fees apply.



The Resilience Exponent is a prerequisite qualification for the Resilience Mentor qualification. For more information on our credentialing structure, reach out to us at [build@resilienceshield.com](mailto:build@resilienceshield.com).

## ABOUT THE RESILIENCE SHIELD

*The Resilience Shield Pty Ltd* is a 100% Australian veteran-owned business committed to improving individual and collective resilience. Our proprietary Resilience Shield model was developed by Dr Dan Pronk, Ben Pronk DSC, and Tim Curtis, all of whom are Australian SAS veterans with combat experience in theatres including Afghanistan, Iraq, Sierra Leone and Timor Leste as well as on counter terrorism/ special recovery operations. Their service experience drove a deep desire to understand exactly what resilience was and – crucially – how it could be developed and improved.

Through research conducted over a period in excess of fifteen years, Dan, Ben and Tim sought to identify the constituent elements of stress and resilience and develop a model that was dynamic, multi-factorial and modifiable. The result was the Resilience Shield – a highly applied model of resilience that identifies the key constituent characteristics of this mercurial quality and provides a framework for the development of a Resilience Action Plan.

The Resilience Shield program is evidence-based; it has been developed as a result of extensive academic research into the constituent elements of global resilience and continues to be informed through the collection and analysis of data, including through a research partnership with the University of Western Australia (UWA), funded by a Federal Government Entrepreneur's Program grant.



# COURSE COMPETENCIES

<b>CORE CONCEPTS</b>	<b>CC001</b> INTRODUCTION TO THE RESILIENCE MENTOR COURSE	
	<b>CC002</b> SENSE-MAKING CONCEPTS	
	<b>CC003</b> RESILIENCE AND STRESS	
	<b>CC004</b> THE RESILIENCE SHIELD MODEL	
<b>THE INNATE LAYER</b>	<b>I001</b> THE INNATE LAYER: OVERVIEW	
	<b>I002</b> GENETICS	
	<b>I003</b> EPIGENETICS	
	<b>I004</b> UNDERSTANDING YOUR INNATE LAYER	
	<b>I005</b> VALUES	
<b>THE MIND LAYER</b>	<b>M001</b> THE MIND LAYER: OVERVIEW	<b>M003</b> MEDITATION AND MINDFULNESS
	<b>M002</b> MINDSET	<b>M004</b> TECHNIQUES AND TOOLS
<b>THE BODY LAYER</b>	<b>B001</b> THE BODY LAYER: OVERVIEW	
	<b>B002</b> SLEEP	
	<b>B003</b> THE GUT MICROBIOME AND ITS ROLE	
	<b>B004</b> EXERCISE	
	<b>B005</b> TECHNIQUES AND TOOLS	
<b>THE SOCIAL LAYER</b>	<b>S001</b> THE SOCIAL LAYER: OVERVIEW	
	<b>S002</b> LONELINESS	
	<b>S003</b> HAPPINESS	
	<b>S004</b> TACTICAL QUESTIONING	
	<b>S005</b> SOCIAL MEDIA AND THE SOCIAL LAYER	
	<b>S006</b> PETS AND THE SOCIAL LAYER	
	<b>S007</b> TECHNIQUES AND TOOLS	
<b>THE PROFESSIONAL LAYER</b>	<b>P001</b> THE PROFESSIONAL LAYER: OVERVIEW	<b>P004</b> PSYCHOLOGICAL TRANSITIONS
	<b>P002</b> IKIGAI	<b>P005</b> FOCUS AND ATTENTION
	<b>P003</b> ROLE/IDENTITY FUSION	<b>P006</b> EXECUTIVE FUNCTION
<b>THE ADAPTATION LAYER</b>	<b>A001</b> OVERVIEW	
	<b>A001A</b> GETTING AHEAD OF ADAPTATION	
	<b>A001B</b> THE RESILIENCE JOURNAL	
	<b>A001C</b> HABIT FORMING	
<b>RMASSESS01</b> RESILIENCE MENTOR ASSESSMENT		



# THE BUSINESS CASE FOR RESILIENCE

How is your organisation monitoring the accumulation of non-workplace generated stress, that might be setting the pre-conditions for a psychosocial event in the workplace? In our experience, very few organisations are.

Unchecked psychosocial risk factors can have severe consequences for both employees and organisations. Stress, anxiety, burnout, and reduced job satisfaction are just a few of the outcomes that can result from these risks. These issues not only harm individual well-being but also lead to decreased productivity, increased absenteeism, and higher turnover rates.

Resilience is multi-factorial, modifiable and dynamic. Building it involves tools, techniques and habits that extend beyond the workplace. Indeed, our work shows that, of the truly modifiable components, up to 75% of resilience is built (or compromised) outside of the work environment. So, identification and early intervention programs should be emerging as a key organisational strategy in effectively managing these risks. Our staff should be aware of all the stress drivers in their, and their colleagues, lives. Informing and educating this level of peer to peer support is core and key.

## HOW THE RESILIENCE MENTOR COURSE CAN BENEFIT YOUR ORGANISATION

The Resilience Mentor Course is a low cost and low time commitment option to mitigate psychosocial risk in the workplace. It involves two days of face-to-face training and is supported by further learning through a comprehensive online resource hub as well as ongoing assistance from our dedicated support team.

The Resilience Mentor Course delves deeply into the factors that impact employees' psychological well-being, addressing social and emotional aspects that can affect both individual and collective resilience. It considers crucial factors such as well-being, workload, interpersonal relationships, and professional autonomy.

Mentoring programs can foster a supportive work culture, giving employees a platform to discuss their concerns, seek advice, and develop resilience strategies. Resilience Mentors are adept at identifying those who may need more extensive assistance and making appropriate referrals to professional pathways. By training and developing mentors in the workplace, organisations can better align with Australian standards for work health and safety and equip their teams with the skills and knowledge needed for high performance. The Resilience Mentor course equips staff with detailed knowledge, skills, and confidence to act as mentors using the Resilience Shield methodology.



# TESTIMONIALS

"IT WAS A PRIVILEGE TO MEET AND BE AROUND A WONDERFUL, ENGAGING AND INSPIRING GROUP OF PEOPLE. IT TOOK ME OUT OF MY COMFORT ZONE IN A REALLY GOOD WAY!"

RESILIENCE MENTOR

"TIM, BEN, AND DAN ARE INCREDIBLY LIKEABLE, KNOWLEDGEABLE, AND RELATABLE FIGURES. THEIR HONESTY MADE THE GROUP OPEN UP, MAKING THE COURSE INVALUABLE...."

RESILIENCE MENTOR

"IT WAS HONESTLY THE BEST PROFESSIONAL DEVELOPMENT I HAVE DONE."

RESILIENCE MENTOR

"FANTASTIC INTRODUCTION TO THE RESILIENCE SHIELD. THANKS FOR A GREAT DAY AND ALL THE IMPORTANT STUFF I NEEDED TO GET BACK ON TRACK - LIVING MY LIFE WITH RESILIENCE! YOU MADE IT SO "DO-ABLE". WE HAVEN'T STOPPED TALKING ABOUT IT TODAY - AND EACH PERSON I SPEAK TO - TOOK SOMETHING DIFFERENT AWAY - SOMETHING THAT SPOKE TO THEM ON A PERSONAL LEVEL. WELL DONE AND THANK YOU."

RESILIENCE MENTOR

"HAD A PERSONAL TRANSFORMATION EXPERIENCE WITH THIS ONE."

RESILIENCE MENTOR



# The Resilience Shield

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