

The Personal Resilience Indicator (PRI)

The latest neuroscience research in a single assessment

SCIENCE-BASED

The PRI integrates tested concepts and insights from more than 30 years of neuroscience and psychology research in a single psychometric assessment.

It brings together deep brain health expertise of neuroscientists, psychologists and molecular biologists and the practical experience of executive coaches and corporate trainers.

INSIGHT-DRIVEN

The PRI provides a holistic picture of an individual's current level of resilience across six domains and twelve drivers, each of which can be trained with targeted, evidence-based exercises and techniques.

The PRI report design facilitates deep insight-driven conversations creating strong buy-in on the Why, the What and the How of the development journey.

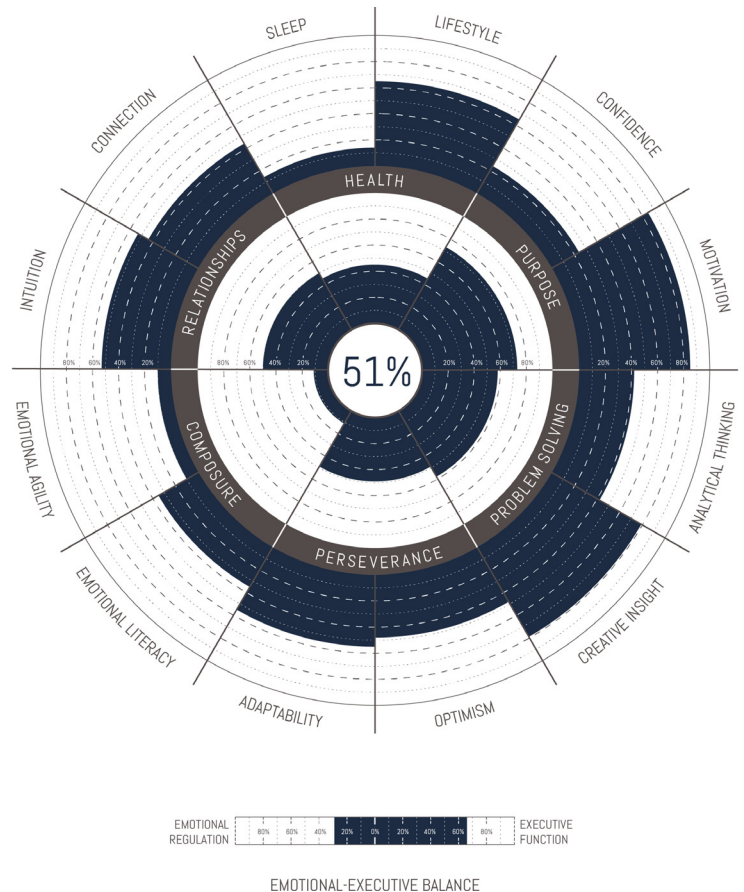
DEVELOPMENT-FOCUSED

The PRI makes progress visible. It serves as a roadmap to guide, accelerate and measure progress - be it in one-on-one coaching journeys, group training or corporate mental wellbeing programs.

INDEPENDENTLY VALIDATED

The PRI has been independently validated in a blinded analysis by an independent psychometric expert and Professor of Psychology.

The most comprehensive, scientifically-validated resilience psychometric



HEALTH

Lifestyle choices and routines supporting physical and mental wellbeing

PURPOSE

Sense of meaning in life and determination to pursue goals

PROBLEM-SOLVING

Resourcefulness to overcome unexpected challenges

PERSEVERANCE

Optimism and flexibility to deal with and push through setbacks

COMPOSURE

The ability to respond rather than react to stressful situations

RELATIONSHIPS

Degree of social support and connection to others

EMOTIONAL-EXECUTIVE BALANCE

Indicator of chronic stress and HPA axis activation



Easy and Scalable Administration

- Online-based self-assessment
- 64 questions plus custom demographics
- Considers the past 4 weeks
- Takes 12-15 min to complete
- 8-page report with benchmarked/normalized scores
- Debrief by a certified PRI Practitioner
- Re-test recommended after 2-4 months



INDIVIDUALS

- Creates awareness of the different aspects that drive resilience
- Develops insights with the individuals on where to focus
- Identifies the "first domino" that unlocks transformation
- Makes progress visible of the individual



GROUPS & TEAMS

- Increases leadership and team awareness of the drivers of resilience
- Encourages discussions around mental wellbeing in the workplace
- Identifies training needs
- Makes training impact tangible with before and after results



ORGANIZATIONS

- Creates an organizational baseline to design, improve and assess the impact of (ROI) mental wellbeing training programs
- Serves as organizational pulse-check to measure progress and identify blind spots
- Provides internal benchmarks to identify training needs in different parts of the organization (e.g. across departments or business units)

Your contact to discuss the use of the Personal Resilience Indicator:



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INDICATOR®