CYBERMINDZ
BaseCamp™

Mental Health Pre-'Ascent' Preparation

BaseCamp™ gives participants the foundations, theory and parameters for the course ahead.

60-90 min self-paced online course.
Mandatory precursor to formal training to be completed by:

- Decision makers and leadership
- All prospective participants

Logistics
Training starts once *everyone* completes **Base**Camp™

Validation
Quiz on key concepts.
Statement of intent.
Next steps.

Expectations and Commitment
Training process & timeline.
Involvement in program:
time, effort, participation
and teamwork.

iRest Protocol
Methodology and benefits.
Overview of protocol steps.

Neuroscience of Stress and Burnout
Short- and long-term impacts
on well-being and performance.

Introduction to Cybermindz
Our vision, mission & values.
Key programs: purpose & impact.