CYBERMINDZ®

Rapid**Reset**™

Fostering resilience in the toughest of times. Designed for urgent needs like post-breach trauma recovery... or for teams in need of quick assistance or a reboot.

Immediate relief

De-escalation of stress

Team morale rebuilding

Fast track program

Providing care and supporting mental well-being in an accessible, low pressure environment for team recovery.

180 cyber professionals followed our Pilot Programs in 2023. After 8 sessions, they felt:

27.3% Overall stress reduction (across ten metrics)

36.5% Less angry because of things outside of their control

50.8% Less like difficulties were piling up so high that they could not overcome them

Group sessions

2 sessions per week: fast track foundational course as a team

Four weeks

Individual weekly check in calls with mentor, and if necessary, referral to clinical support. iRest® techniques de-escalate stress, address trauma and restore a sense of 'unbreakable' wellbeing.

Integrative Restoration (iRest®) Training

Cyber-informed, used in US military for post-trauma. Brings participants back into a sense of balance and control.

WEEK 1   **WEEK 2**   **WEEK 3**   **WEEK 4**

mentor check in   *mentor check in*   *mentor check in*   *mentor check in*

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