



# RESILIENCE ASSESSMENT

The **Predictive 6 Factor Resilience Scale (PR6)** is a holistic, forward-looking psychometric measurement of the crucial life skills that lead to the achievement of wellbeing and personal success.

## LEARN EVERY DAY

The PR6 is an advanced yet efficient resilience psychometric measurement. Through a **3-minute questionnaire**, the PR6 identifies resilience across 6 crucial domains of resilience.

The PR6 also includes a forward-looking Momentum measurement, indicating likely future movement as a predictive factor. This helps to identify the need for further resilience development.

Simplicity improves impact. Reports are short, informative and actionable. Reports are produced both at an **individual and team level**.

## TARGET PARTICIPANTS

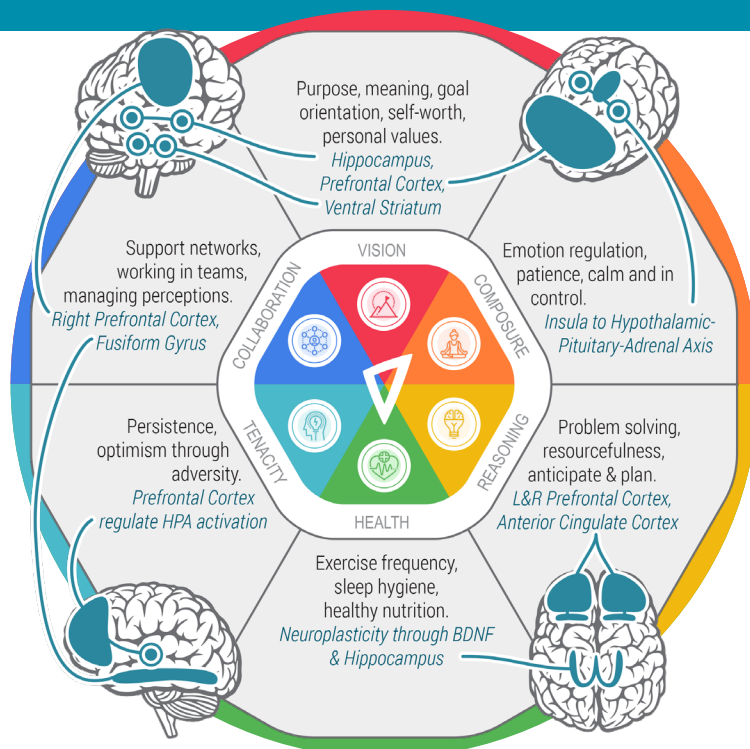
This is an all-round resilience measurement psychometric that has had participants from 14 years-old and upwards.

Measurement is useful both at personal and professional levels.

The program is ideal for groups or teams, as team-based reporting identifies team trends and fosters communication to uncover root cause and improve together.

## CONTACT

Contact me to arrange an assessment for you or your team here:



## SCIENTIFICALLY VALIDATED

The PR6 is based on the core neurobiological foundations that underpin resilience. These are identified in our original research available online.

Through this research the PR6 was **scientifically validated** as a scale with an alpha of 0.8398, indicating strong internal consistency.

A neuroscience focus enables identification of **effective ways to build resilience**, leading to comprehensive resilience training also available through the Driven programs.

## ACCESSIBILITY

The PR6 is delivered online through our unique microlearning platform called the **Driven Resilience App**.

The Driven platform is cloud-based and designed to work seamlessly on any device, including PC, laptop, tablet, or mobile devices.

Participants can access ResiCoach at any time on either corporate or personal devices.

Driven is accessible locally and internationally – anywhere with an internet connection and a device to access it on.



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## COMPREHENSIVE REPORTING

Each participant receives a comprehensive and actionable report that sets out:

- **Resilience strengths** – domains that can be leaned into to support resilience capacity
- **Focus areas** – what can be developed to most effectively help build personal ability

Each report contains a deeper explanation of how a participant scores in each domain, providing deeper understanding of resilience and the next steps.

## WORKSHOPS AND PROGRAMS

The PR6 assessment can be included alongside various programs to measure impact and provide valuable personal insight, such as:

- Pre & post workshop assessment for custom workshops
- Include as part of a conference to gain group insights
- Assess teams to identify needs and provide appropriate assistance
- Measure impact of Resilience First Aid (RFA) and High Adversity Resilience Training (HART)

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[brent@upsidesafety.com.au](mailto:brent@upsidesafety.com.au)



## INCLUDED IN EACH ASSESSMENT

Participants also receive access to the Driven Resilience App, containing hundreds of daily resilience-building activities.

These are prioritised based on need according to the assessment, providing a personalised approach for each participant.

This access can be extended through periodic re-assessments, enabling progress tracking made through ongoing training and workshops.

