

The Resilient Mind integrates training, engagement, support & opportunities to practice resilience building skills.

TRAINING

7 Weekly Group Training/Engagement Sessions

(90 min.)

- Learn
- Speak and be heard
- Listen and empathize
- Engage



PRACTICE

Weekly Assignments

(2, 15 min e-learning lessons)

- Video series
- Social media platform for check-ins
- Dashboard for private journaling & tracking progress in goals



Achieve Goals

Client focuses on 4 mental - relationship health goals & required behaviors to achieve these goals

ENGAGEMENT

Weekly Group Activities

(30 min. per week)

- Journal in confidential dashboard & receive to feedback from mentor
- Do one telephone check-in with teammate each week (answer questions with each other)



SUPPORT

One-On-One Mentoring

- Via text/phone/video conference

