



Corporate Wellness – a Business Necessity

We are Resilient™ offers simple, effective, and research-based skills that help us cope with stress and become our best selves.

Strengthen Core Competencies

1. **Centering:** The capacity for self-awareness, self-regulation, and self-trust.
2. **Connecting:** The ability to build productive, healthy relationships.
3. **Collaborating:** The power to lead groups in effectively solving problems that matter.



Business Impact

- **Helps team members successfully navigate** daily stressors, adversity, and sudden change such as working virtually due to COVID-19.
- **Enhances team productivity and performance** utilizing skills to handle conflict quickly.
- **Enhances work culture and secures team member retention** through a shared model, language and experience of organizational resilience.
- **Superior customer experience** delivered by centered, connected team members focused on the health and wellbeing of themselves and others.

We Are Resilient™ gives leaders, team members, and their families skills for:

CENTERING

Myself

- Creates balance
- Increases competence
- Restores inner wellbeing
- Relieves stress and anxiety
- Reduces negative thoughts
- Focuses on the present
- Helps us achieve personal goals

CONNECTING

With others

- Empowers through kindness
- Creates safety, trust, and belonging
- Builds empathy and understanding
- Reduces blame, judgment, and bias
- Encourages equity
- Helps others feel seen, heard, and valued

COLLABORATING

Together

- Fosters strong leadership
- Helps align to shared purpose and success with group goals
- Encourages healthy boundaries
- Honors the contributions of all
- Supports accountability
- Promotes integrity

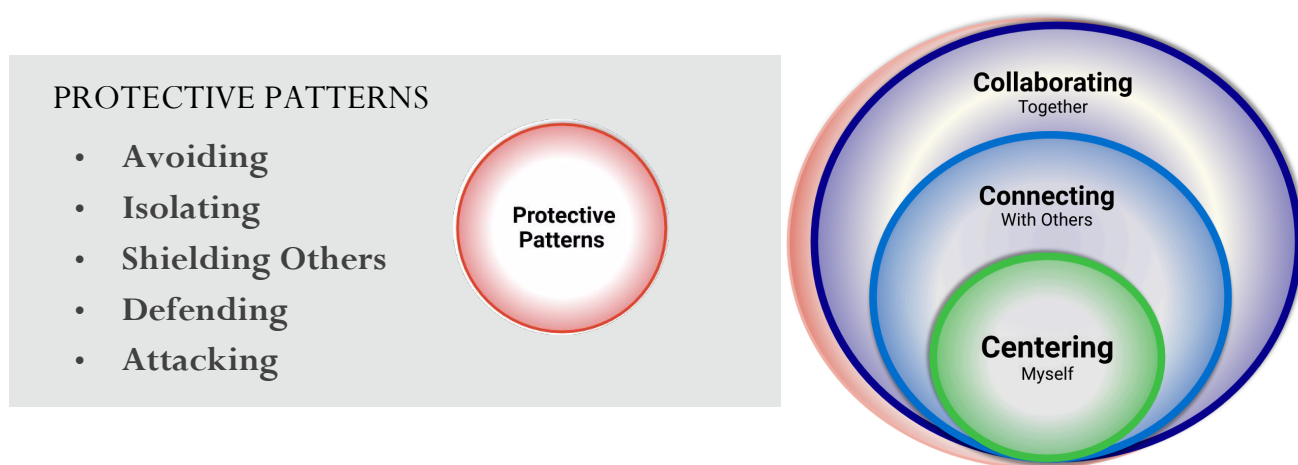




Effectiveness comes from knowing how to handle oneself, connect with others, and collaborate as a team.

Human beings are resilient and dynamic. Even though we don't have control over many decisions that impact our lives we have the power to choose our attitude and behavior. While the forces outside of our control (daily stressors, stay at home orders, quickly changing business structures, discrimination) can harm us, we have the power to strengthen our wellbeing using the skills of resilience. Thriving is a lifelong practice of building resilience in oneself and for others.

We Are Resilient™ recognizes emotional protective patterns as **sources of strength** that help to protect and empower us, but that can also limit us. We develop emotional reactive patterns to support us. These emotional patterns are normal and effective for surviving danger, anxiety, toxic stress, or trauma. When we learn to identify our default protective patterns, we can more easily strengthen our resilience skills, **which give us greater capacity to achieve our goals.**



Resilience Skills

We Are Resilient™ identifies specific skills we can use to thrive in our personal lives, our work, and in the world.

CENTERING SKILLS

Personal Balance

- Noticing Myself
- Breathing Mindfully
- Letting Go
- Finding Gratitude
- Nurturing Myself
- Reframing Positively

CONNECTING SKILLS

Strengthening Relationships

- Noticing Others
- Listening Actively
- Empathizing
- Choosing Kindness
- Speaking Authentically

COLLABORATING SKILLS

Creating Together

- Noticing Group
- Appreciating Others
- Creating Goals & Agreements
- Contributing
- Acting with Integrity

Creating a world of kind, connected human beings