

THE
**RESILIENCE
PROJECT**

WORKPLACE PROGRAM

The Resilience Project delivers emotionally engaging presentations and wellbeing programs to build resilience and positive mental health in the workplace.



Through storytelling and behaviour-change communications, The Resilience Project's workplace journey begins with **"Discovering Resilience"**. In our program, we share practical and evidence-based strategies to manage wellbeing, both in the work environment and with family and friends.

We walk through the research, share personal experiences, and offer solutions for incorporating resilience strategies into day-to-day life.

Discovering Resilience focuses on the research-backed strategies: **gratitude**, **empathy** and **mindfulness (GEM)**. This introductory program is for organisations new to The Resilience Project and their GEM journey.

Throughout the program, other complementing wellbeing practices are explored including: emotional literacy, exercise, sleep, healthy eating and managing devices.

More about The Resilience Project:

Our mission is to **teach positive mental health strategies** to help people become **happier and more resilient**.

Through presentations, digital resources, events, the TRP App, and Wellbeing Journals, we share the benefits of **gratitude**, **empathy** and **mindfulness**, and easy ways to practise these in everyday life. We also incorporate emotional literacy, connection and physical health education and activities, as they are foundational contributors to positive mental health.

Workplace program outcomes:

The presentations, communications and action-oriented resources, are designed to:

- **Provide evidence-based strategies to practice on a daily basis.**
- **Assist staff to deal with stress and difficult situations.**
- **Improve overall wellbeing and connection to self and others.**
- **Support behaviour change and long-term adoption of strategies.**

DISCOVERING RESILIENCE

The program consists of two parts:

DISCOVERING RESILIENCE VIDEO PRESENTATION

This flagship presentation delivered by Hugh van Cuylenburg is the cornerstone and launch point of our offering. The presentation runs for 60 minutes, is pre-recorded and made available via a unique url for your company.

10-PART DIGITAL WELLBEING SERIES

Following the presentation is a 10-part wellbeing series consisting of short videos, with complementing written information and activities. The series is shared with employees to facilitate long-lasting behaviour change. The 10 wellbeing topics covered are: Gratitude, Empathy, Mindfulness, Emotional Literacy, Devices, Social Connection, Living with Purpose, Sleep, Healthy Eating and Exercise.

Cost:

\$5,500 NZD

Presentation is available for 30 days

Digital Wellbeing Series is available for 12 months

SUPPORTING PROGRAM RESOURCES

To continue education and facilitate long-lasting behaviour change, we offer a number of ongoing offerings that can be tailored to suit outcome and budget.

Wellbeing Journals

Our 21 day and 6 month Wellbeing Journals enable personal reflection and practice of emotional, physical and mental health. They have been designed on research around habit creation and building resilience. A Family Journal is also available; offering daily reflections, questions and practical activities for families to complete together.

Cost:

21 Day Wellbeing Journal: \$18.00 each

6 Month Journal: \$32.50 each

Family Journal: \$26.50 each
(Discounts can apply for large orders)

TRP App

The Resilience Project App is a daily well-being journal designed to build positive mental health habits. It consistently ranks in iTunes Top 10 Health and Fitness apps.

Cost:

App: \$4.99 per licence
(please note a bulk purchase of Apps is only available for iPhone)

All costs exclude GST.

THE

RESILIENCE PROJECT

WORKPLACE PROGRAM

THE RESEARCH

1 in 5 adults will experience mental health problems this year. **Prevention is key** to proactively building happy and healthy minds – reducing the burden of mental ill-health for both the individual, and a business’s bottom line.

Research by Beyond Blue and PricewaterhouseCoopers found that every dollar spent creating a mentally healthy workplace has an average **return on investment of 2.3.**¹



GRATITUDE

Gratitude is being thankful and expressing appreciation for what one has – as opposed to focusing on the lack of something, or emphasising the ‘wants’ that society and consumerism can project onto us.² Research shows that practicing gratitude rewires our brains to overcome the negativity bias (which can lead to anxiety and depression) and see the world for what we are thankful for. It is also shown to broaden thinking, and increase physical health through improved sleep and attitude to exercise.

EMPATHY

Empathy is the ability to understand another person’s thoughts and feelings from their perspective.³ Research shows that practicing empathy such as performing acts of kindness, taps into our brain’s ‘mirror neurons’, builds compassion and our behaviour becomes more social and community-based.⁴ “Brain imaging data shows that being kind to others registers in the brain as more like eating chocolate than like fulfilling an obligation to do what’s right (e.g., eating brussel sprouts).”⁵ It’s also shown that “80% of our happiness is derived from friendship, loving relationships, spirituality, health, and work fulfillment.”⁶

MINDFULNESS

Mindfulness is about practising a moment-to-moment awareness of thoughts, feelings, bodily sensations, and surrounding environment – with curiosity, and without judgement.⁷ Mindfulness can be practiced through meditation, yoga, flow-states and daily activities such as cooking. Thousands of studies have proven benefits include reduced stress, reduced rumination, increased memory, increased cognitive function and physical health benefits through improved immunity.⁸

1. [Creating a mentally healthy workplace Return on investment analysis, PwC, 2014](#)

2. [Psychology Today, Gratitude](#)

3. [Psychology Today, Empathy](#)

4. [Psychology Today, Empathy](#)

5. [UC Berkeley, Greater Good Science – compassion](#)

6. [Prosperity Without Growth: Economics for a Finite Planet, Tim Jackson](#)

7. [UC Berkeley, Greater Good Science – mindfulness](#)

8. [American Psychological Association – mindfulness](#)