

ASPiRE Resilience Program



Resilience
(r_-z_l'y_ns)

The ability to cope effectively with stress; buoyancy

The antidote to stress

Our foundation ASPiRE™ wellbeing program focuses on developing resilience - the ability to cope effectively with stress.

Unfortunately most workshops aren't good at teaching resilience. And there's a good reason for this. They overlook the underlying skill of stress management. Without this skill in place you will find it difficult, if not impossible to ever get the better of stress.

So what is this skill? It involves learning how to activate the calming response – the scientific term is the parasympathetic nervous system. Research suggests that the calming response is the antidote to stress, as it calms your mind and body down after a stressful situation.

People with higher levels of the calming response recover more quickly from stress, whilst those with lower levels take longer to recover and consequently are more vulnerable to the adverse effects of stress.

“I can't imagine how you could learn to manage stress without the software”

Justin Watson



Effective stress management techniques like exercise, yoga, talking to friends and meditation all increase levels of the calming response – that's why they work. The problem with these techniques is that they take lots of time, energy and effort to get any benefits.

In our ASPiRE™ Resilience workshop we take a different approach. We teach you how to use your thinking to increase your levels of the calming response. This means you can manage stress as quickly as you can change your mind.

And the benefits of the calming response go beyond minimising stress. You will also notice a profound impact on your health, relationships and performance.

ResilienceBuilder™ makes it easy

One of the reasons our workshops are so effective is ResilienceBuilder™ software. The software provides feedback on your levels of the calming response.

Based on this feedback you identify and fine tune the thinking based stress management techniques that work best for you – this is important as everyone is different.

The software ensures that when you leave our workshops you have genuinely improved your ability to effectively manage stress. It's not just wishful thinking.

Our resilience program was originally developed for the Victoria Police – hence their practical no nonsense approach. Subsequently they have been successfully customised for organisations as diverse as health and community services, retail, government, education, call centres, construction, manufacturing, banking & finance, and emergency services.

“The perfect balance of skills and experience using hands on approach validated by research.”

Wendy Sturgess,
Former CEO Crisis support services

Participant evaluations of the workshops are impressive - 97% of participants believe the software enhanced their learning and 94% would recommend the workshop to others.

You can trial our workshops with a unique no risk money back **guarantee**. And to make it even easier our workshops are priced very competitively. We also offer complimentary workshops for charities and other worthy organisations.

For more information including case studies, videos, pricing and FAQs visit www.i-i.com.au/downloads

Watch a video demonstration
of ResilienceBuilder at
visit www.i-i.com.au/RB

