

# Realtime Resilience Programs™

## Resilience (*r\_z\_ly\_ns*)

The ability to effectively cope with and recover quickly from stress; buoyancy

## VICTORIA POLICE FORCE

The Victoria Police Force approached Innate Intelligence to run stress management workshops. It was emphasised that for the workshops to be successful they had to be **no nonsense, practical** and “**hands on**”.

As a consequence we invested in Resilience Builder™ software that measures the physiological ability to manage stress. All participants were able to use the software to fine tune the various stress management techniques taught in the workshop.

A total of 9 workshops were delivered to staff from across Melbourne and regional Victoria.

The evaluations demonstrate that the workshops were more than able to satisfy the demanding expectations of the Victoria Police.

Question	Rating <sup>1</sup>
The course will help me manage stress	4.5
The course was time well spent	4.5
I would recommend the seminar to others	4.5
The course lived up to my expectations	4.5
The seminar was well presented	4.6
The software aided my understanding	4.7

1. The evaluations were rated on a 5 point scale where 1 = disagree, 3 = neutral and 5 = disagree



For more information including FAQ's, pricing and a video demonstration of ResilienceBuilder visit [visit www.i-i.com.au/realtime](http://www.i-i.com.au/realtime)

## Case Study

*Well presented and easily understood. Would like to see everyone in the police force have the opportunity to attend this course.*

**Bendigo.**

*Very well presented – simple and straight to the point.*

**Broadmeadows.**

*Interesting, didn't get bored. Enlightening.*

**Epping.**

*The software was really good. It allowed me to see what worked best.*

**Broadmeadows.**

*Very professional and skilful presentation. Learnt a lot about stress management and myself.*

**Prahran.**

