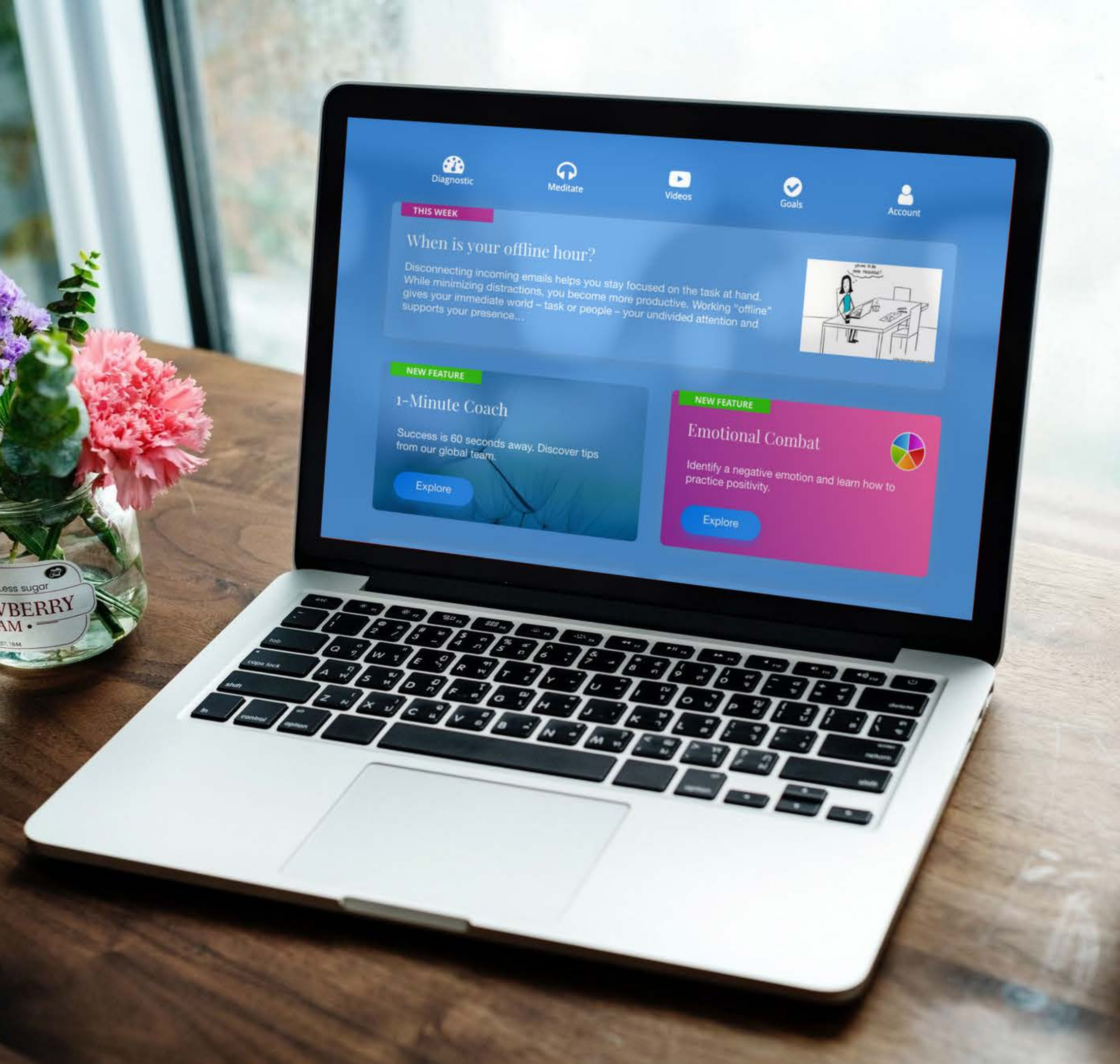




The Resilience App

Supporting transformation





A transformative,
research-based
learning experience.

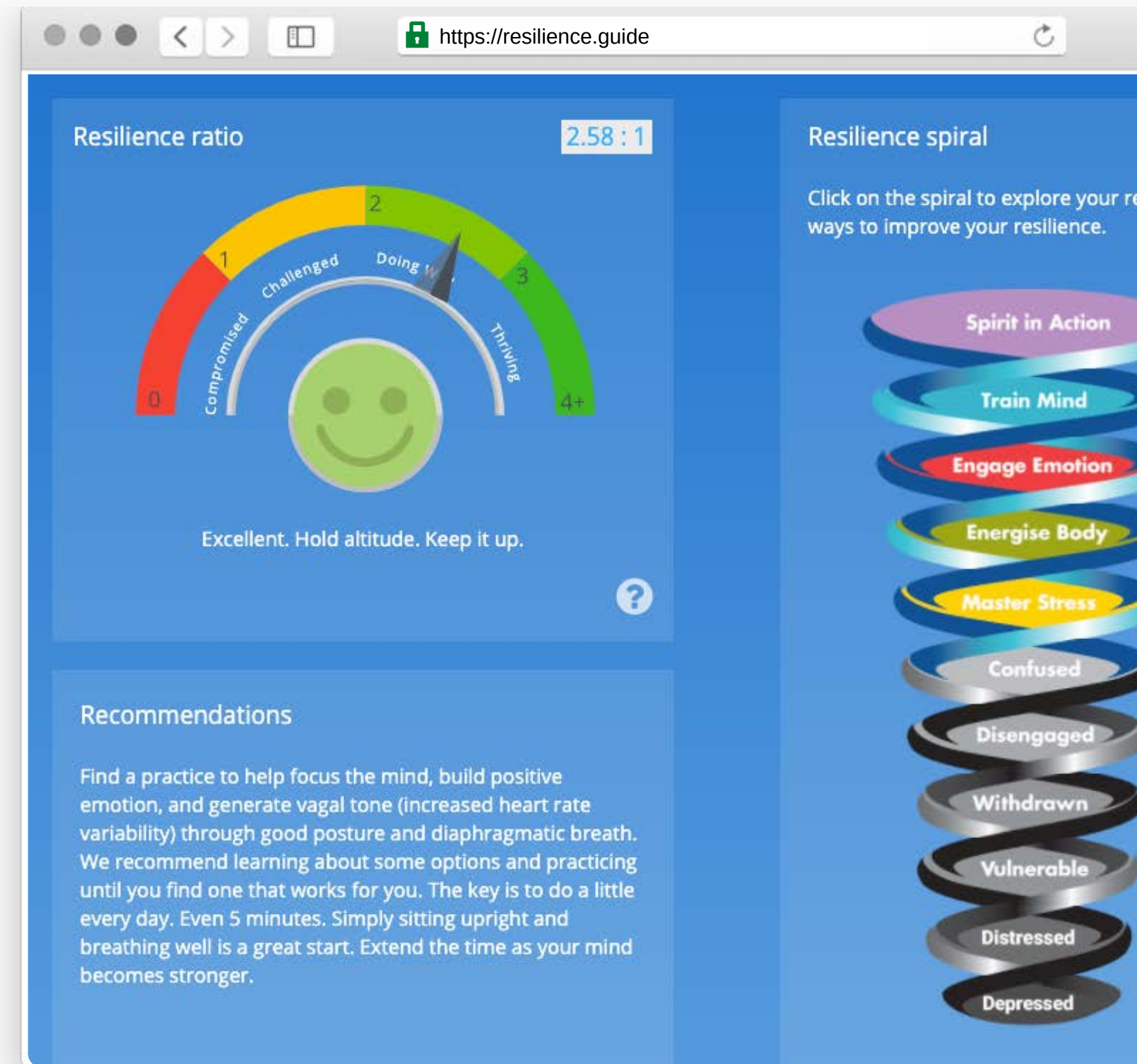
Available on every
device, enabling
individuals and
teams to measure,
learn and track
resilience.



Understand strengths and risks

THE RESILIENCE DIAGNOSTIC ASSESSMENT

Each participant completes a 60-factor assessment that provides insights into their resilience, wellbeing and mental health. The interactive report features action plans, resource guides and personal recommendations.



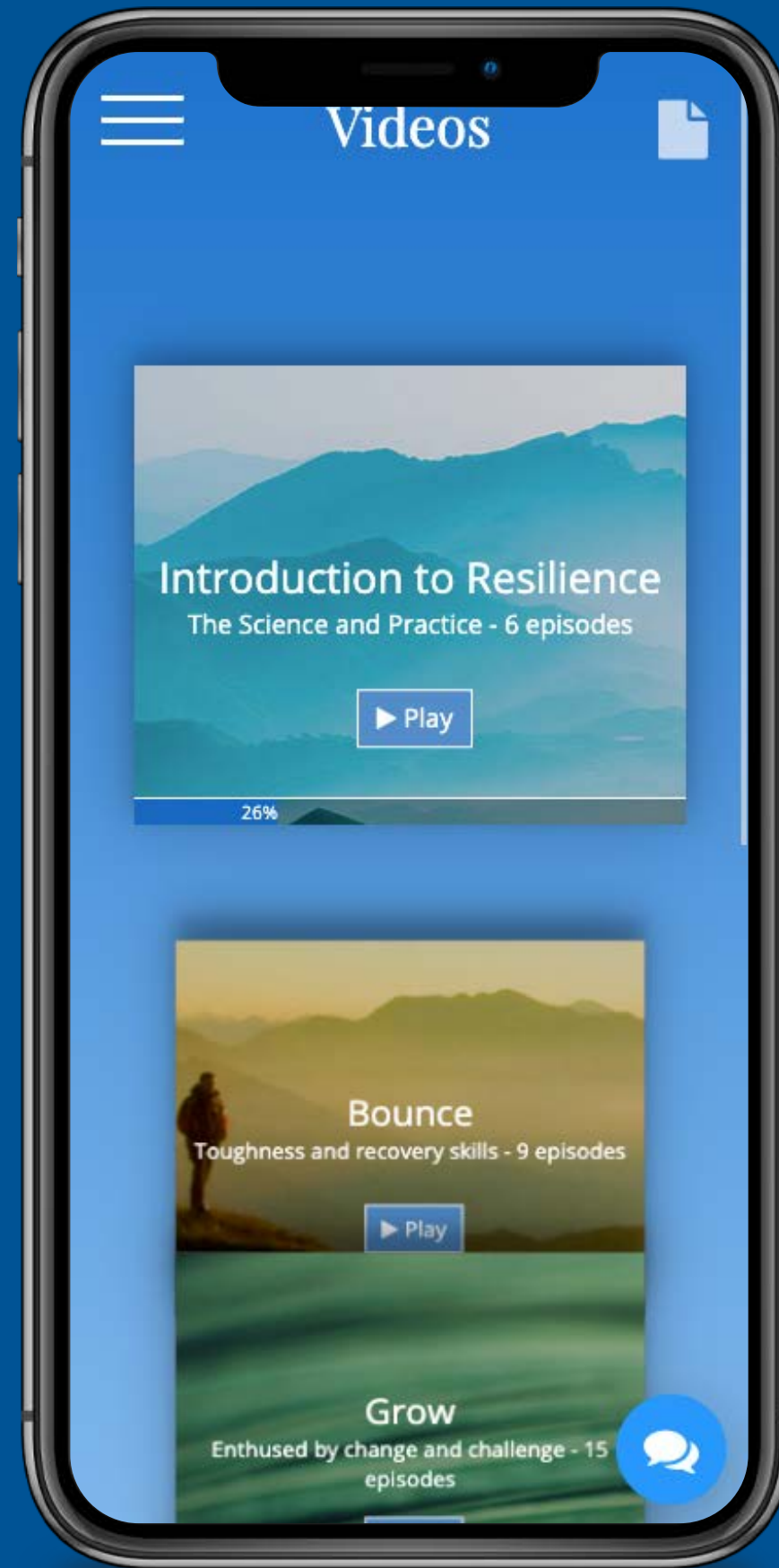
Insightful group reporting

BENCHMARK TEAM RESILIENCE AND MEASURE THE IMPACT OF TRAINING

Resilience Diagnostic Group Reports highlight team and organization-wide strengths and risks. This peer-reviewed tool enables you to shape and measure your journey of transformation.



Micro-learning made easy



BOUNCE, GROW, CONNECT AND FIND FLOW

Over 55 videos exploring the science and practice of resilience, presented by our global team of consultants.

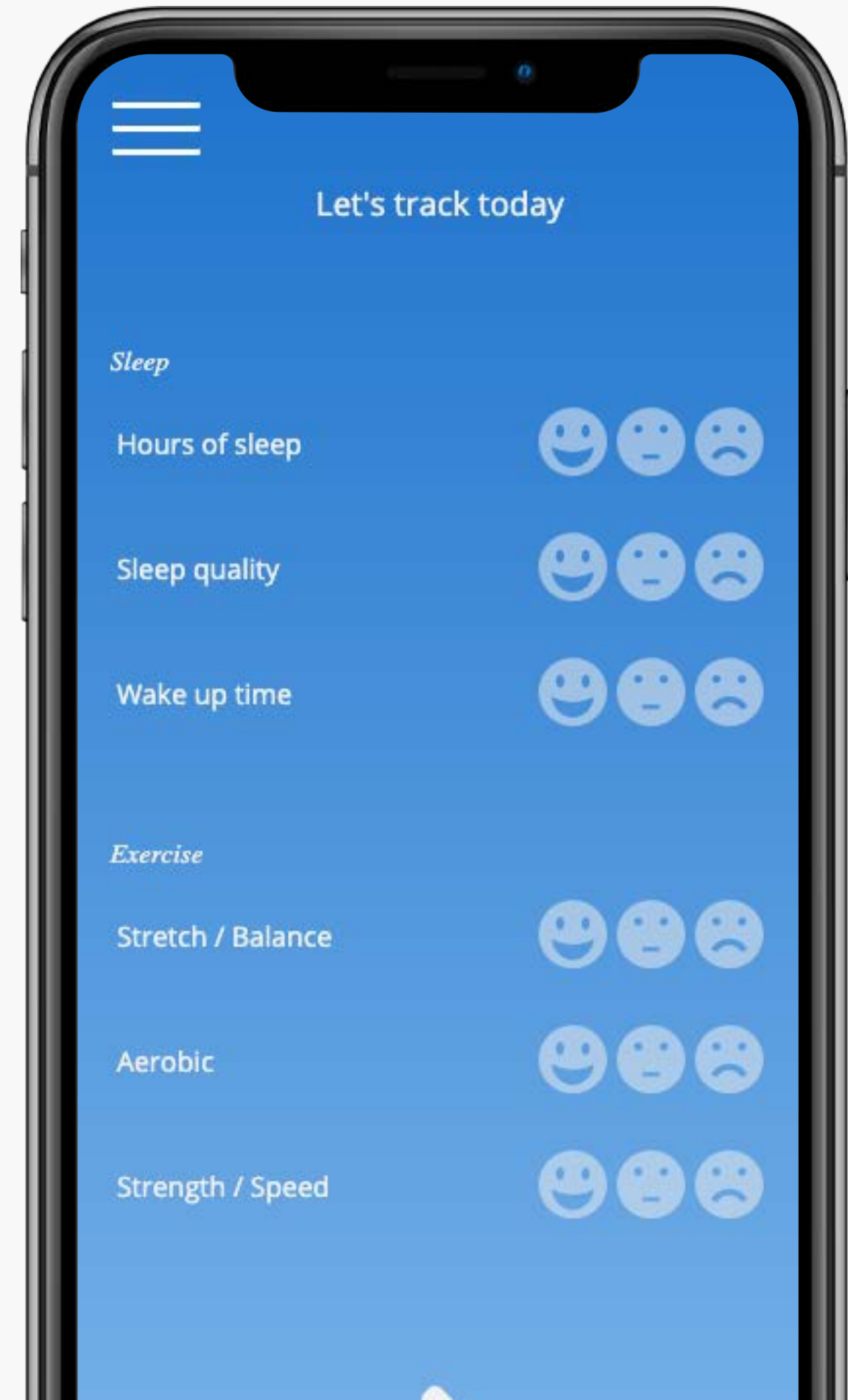
RESILIENCE ANIMATIONS

The Resilience App includes 30 animations that cover core focus areas, from dealing with anxiety to finding purpose.

Track and achieve goals

THE EMOJI GOAL TRACKER

Select your priority areas based on Resilience Diagnostic results, then track daily. Includes push notifications and progress indicators.



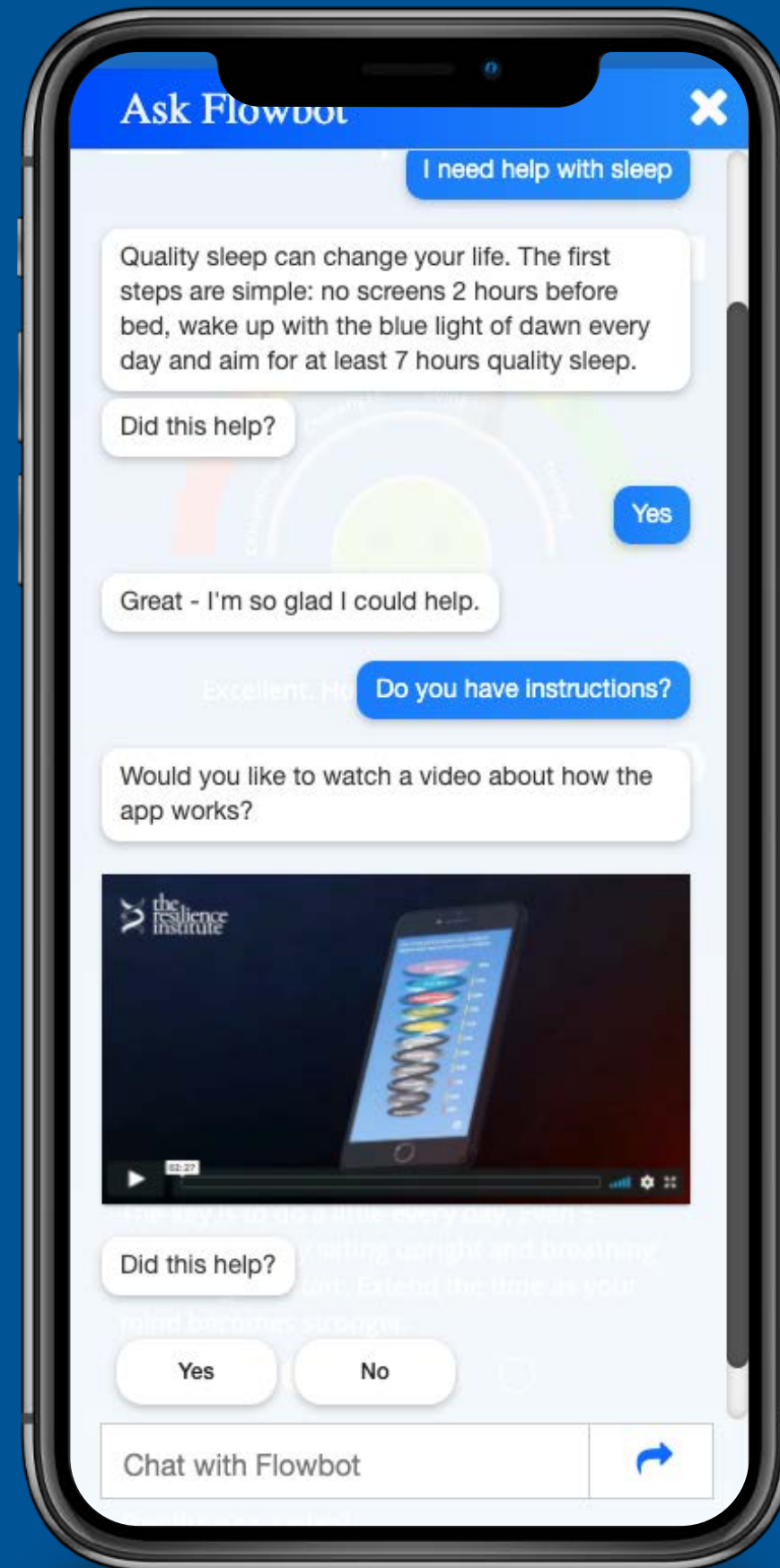


Stay focused on what matters

TACTICAL FOCUS DAILY MEDITATION

A daily meditative practice designed to develop attention control while learning techniques to stay calm, positive and agile.

Meet Flowbot



AT YOUR SERVICE

Flowbot, our A.I. enabled chatbot is always ready to answer questions about resilience, wellbeing and mental health.

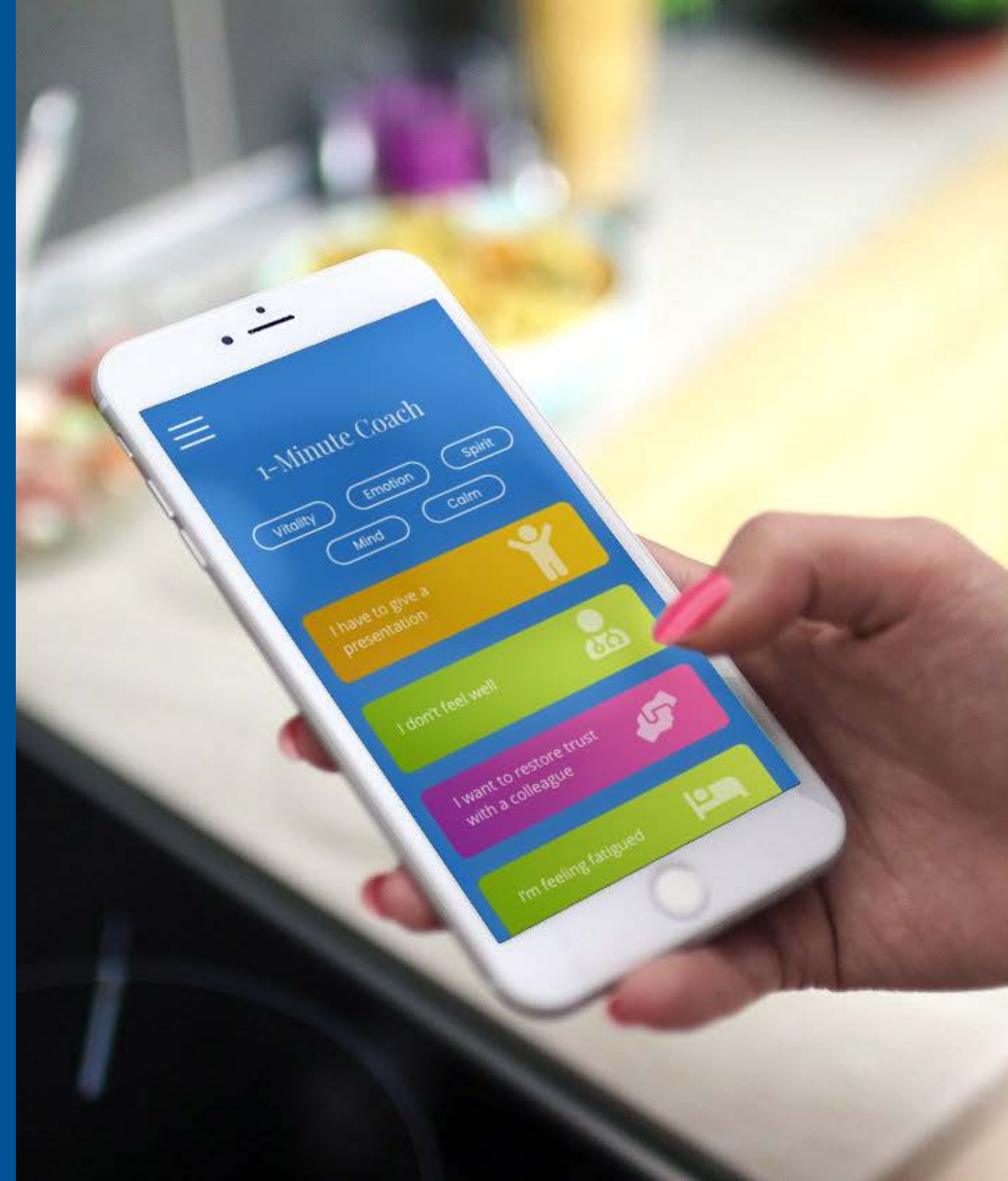
PROACTIVE GUIDANCE

Flowbot checks your Resilience Diagnostic results and offers daily tips for improvement. It can also provide real-time advice based on your Fitbit data, including sleep and movement.

Expert coaches. In your pocket.

SITUATION-SPECIFIC TIPS, TOOLS
AND ADVICE

Access 60-second video coaching
sessions delivered by consultants and
facilitators from the global Resilience
Institute team.





Tap twice for positivity

INSTANTLY DISCOVER HOW TO
COMBAT DESTRUCTIVE EMOTIONS

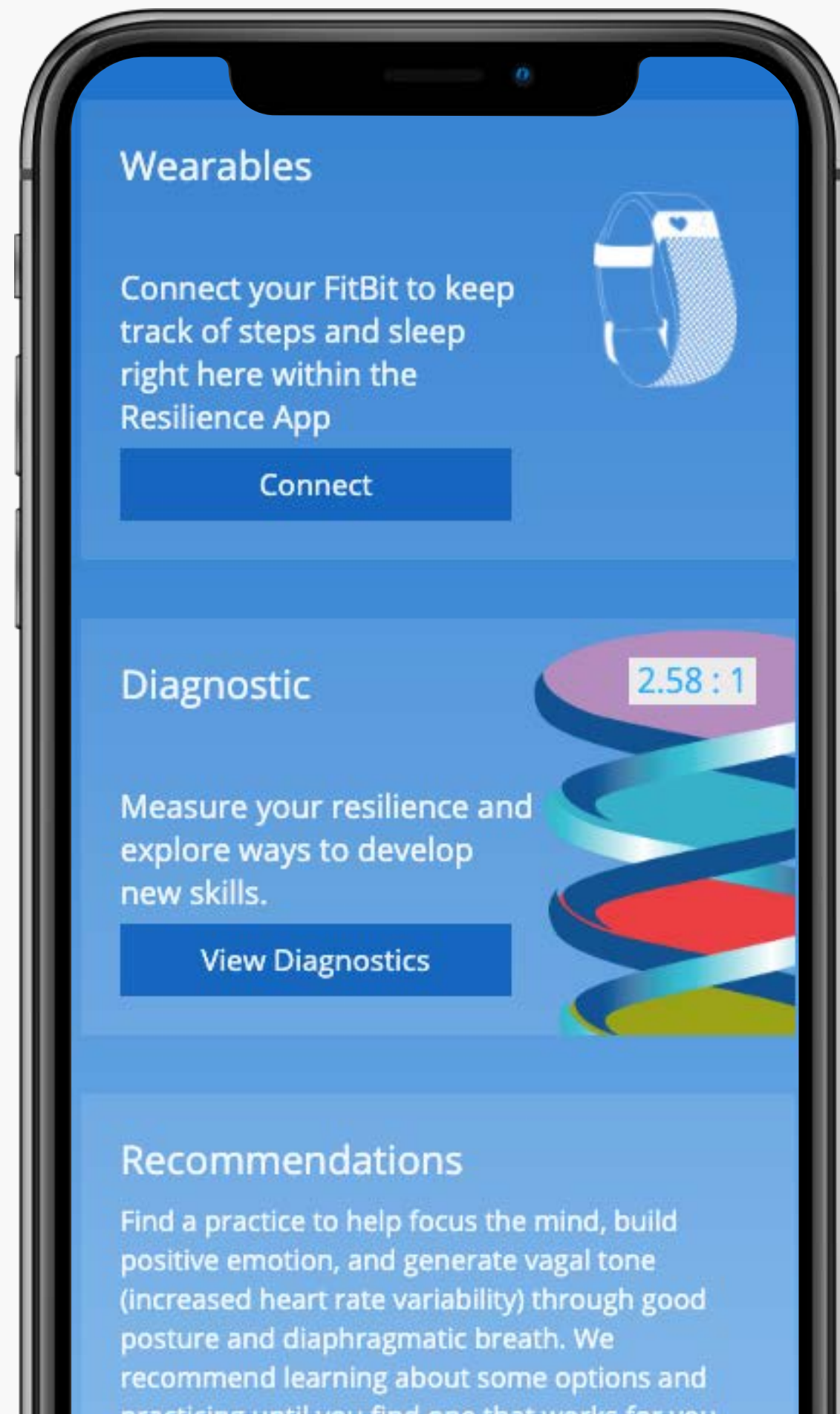
Click on the emotion wheel to select an emotion. Learn how to broaden your options and achieve a calm, engaged, positive state.

Practice tips delivered weekly

TIPS THAT BUILD MOMENTUM

Weekly tips remind participants about the core practices of resilience while also encouraging usage of the app.





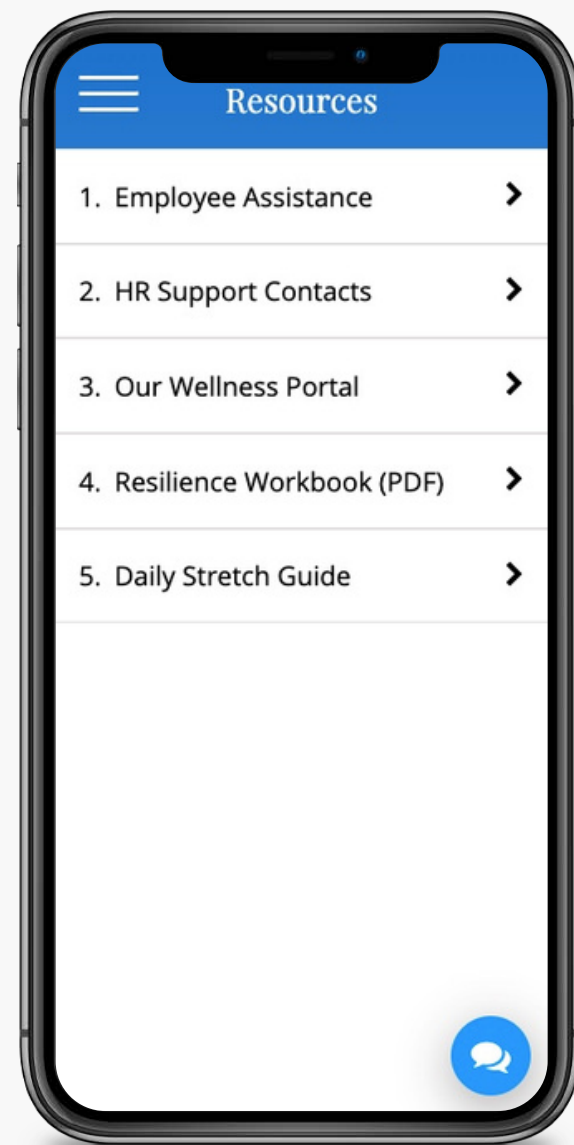
Connect your Fitbit

TRACK SLEEP AND MOVEMENT

Your sleep and movement metrics appear on the app dashboard. Flowbot automatically provides coaching when it notices you're off track.

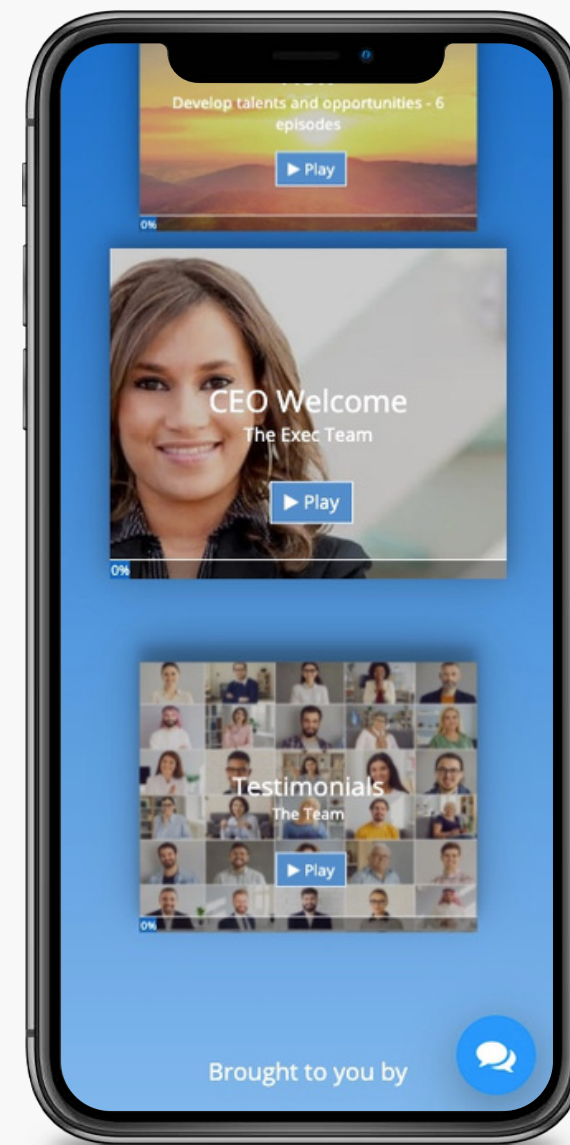
Apple and Garmin integration coming soon.

Custom content opportunities



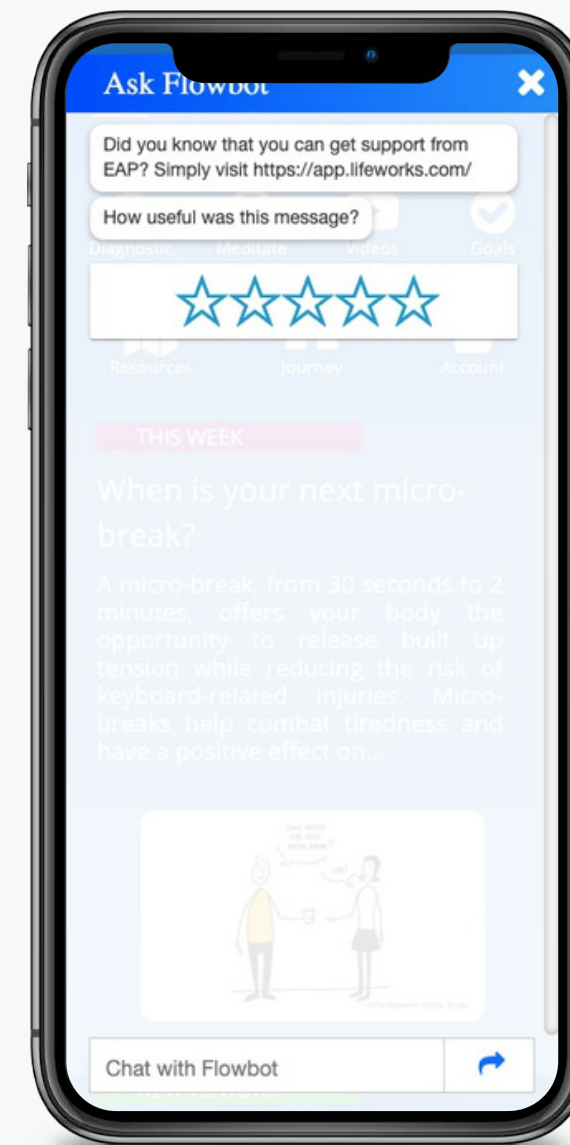
RESOURCE LINKS

Add links to your internal resources, EAP, events or community forums.



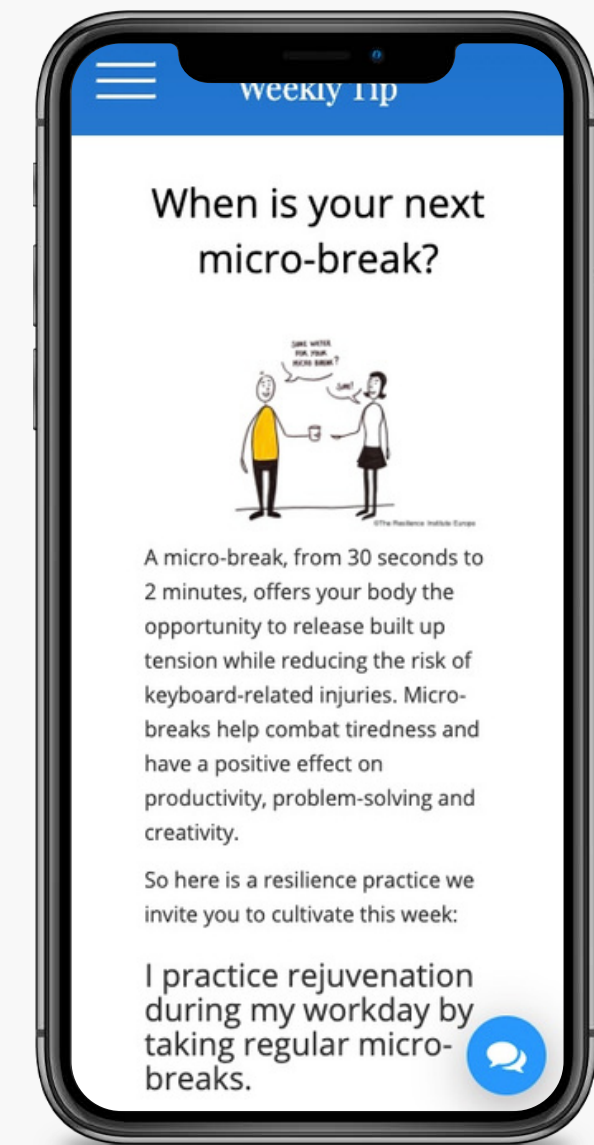
VIDEO CONTENT

Include recorded webinars, custom welcome messages or testimonials from the team.



POPUP REMINDERS

Use the Chatbot to gather feedback or remind staff about important resources or events.



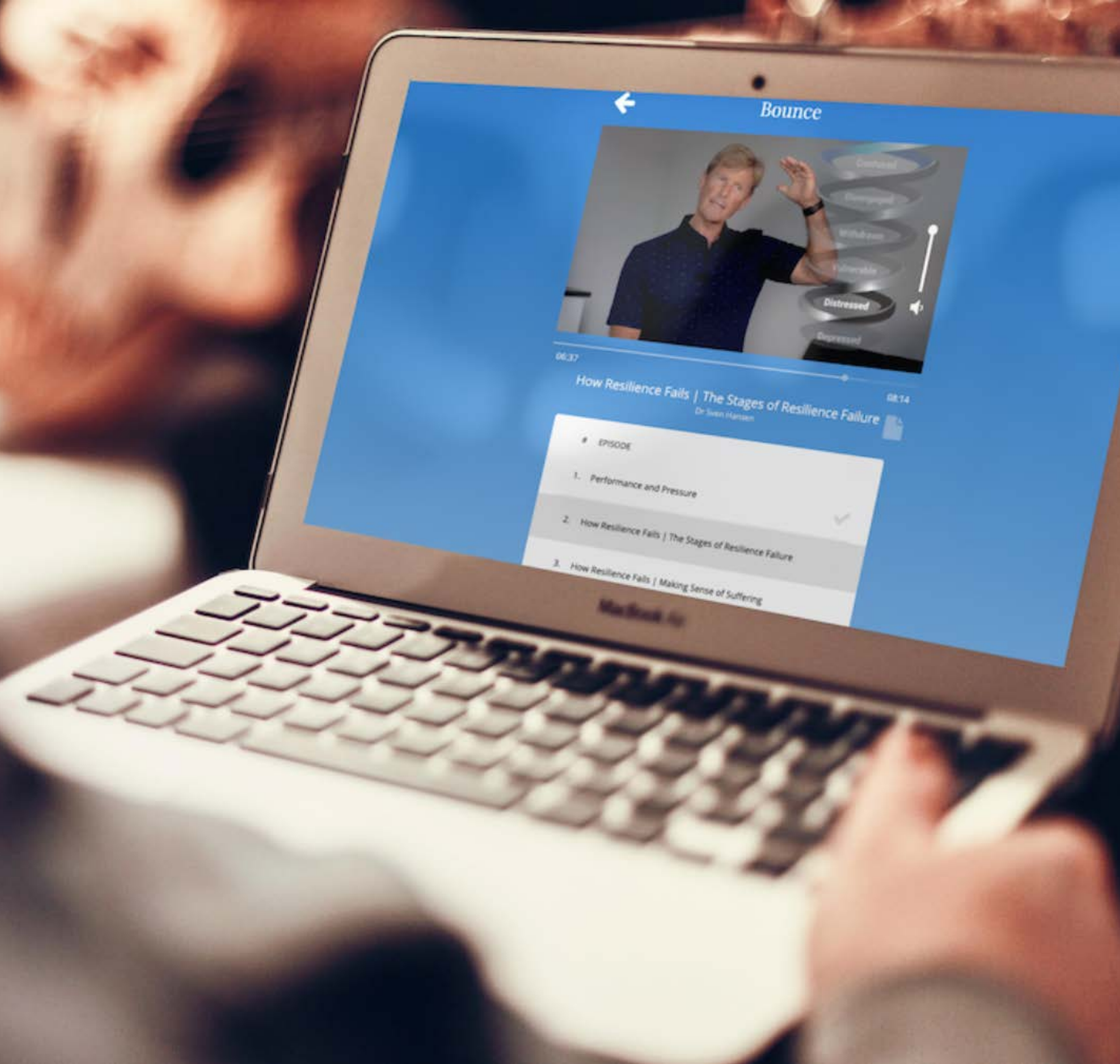
WEEKLY TIPS

Provide your own weekly tip content, to align with internal initiatives or programs.

Made for you

THE RESILIENCE APP IS

- Multiplatform - use a web browser or download the smartphone app
- Secure, confidential and GDPR compliant – we follow the principles of privacy by design
- Available in 7 languages (English, Dutch, Spanish, German, French, Mandarin, Polish) with more translations coming soon.





For more information please email our team at contact@resiliencei.com
or visit our website, <https://resiliencei.com>

