



2-Day **Resilience First Aid** accredited mental health certification. Learn critical skills to **proactively support** mental health in others.



## WHY BECOME RESILIENCE FIRST AID (RFA) CERTIFIED?

**9 out of 10 people can benefit from increasing resilience skills** which protect against mental illness such as depression and anxiety.

This is why we need to take a **preventative approach** to mental health. Rather than waiting until people need professional treatment, we can start supporting each other to connect and build mental wellness proactively.

Resilience First Aid (RFA) as a mental health certification teaches you **strength-based skills** to build resilience in others. You will learn how to spot signs of low resilience, learn language to talk proactively, and skills that build resilience.

This is a new approach to put **trained mental health champions** in place who actively boost the resilience and mental health in their communities.



### Why RFA is Unique

- **Shift to Prevention** - Rather than waiting for mental health crises, take a proactive approach with RFA and teach people crucial conversational skills and resilience knowledge to actively protect mental health
- **Culture of Resilience** - RFA skills teach people at all levels how to create a healthy and psychosocially safe culture of resilience, fostering connection and stronger teamwork
- **Scientific Foundation** - RFA builds on the peer-reviewed Predictive 6 Factor Resilience Model, providing a comprehensive framework to understand and support resilience. These tools are also helpful for self-management through increasing personal resilience and communication skills
- **Accredited Excellence** - With an accreditation by prestigious institutions like Suicide Prevention Australia (SPA) and the Australian Counselling Association (ACA), RFA represents best practice preventative training that can be invested in with confidence



### RFA Summary:

#### 2-day workshop

##### Purpose:

- Learn useful everyday language skills to support resilience in others
- Build personal sustainability through resilience skills
- Learn how to spot risk early and refer to help
- Outcome, be Resilience First Aid Certified

##### Open to anyone

##### Formats:

- **Fully online** - self-paced, 6 months to complete, start any time here: [driv.ai/rfastart](http://driv.ai/rfastart)
- **Live** - trainer led, find a coach to schedule here: [driv.ai/coaches-rfa](http://driv.ai/coaches-rfa)

Fees: **AU \$575** pp

**Register now:**  
[driv.ai/rfastart](http://driv.ai/rfastart)



Many people don't know **what protects mental health**, how to talk about it and what resources and skills are available.

This is what **Resilience First Aid** will teach you.

We all need to have the skills to be able to support those around us – at work, at home, wherever we are.



## Why Get Certified

**Become a resilience champion.** Learn how to promote a culture of resilience through strong relationships, sharing knowledge, and having impactful conversations that matter.

**Learn how to help.** Your colleagues, friends, and family are facing more challenges than ever before. Learn how to be there for them taking a proactive approach to protect against mental illness and suicide.

**Develop your own resilience.** Learn how to look after your own mental health proactively through practical and effective skills.

**Build your CV.** Resilience First Aid is quickly becoming an internationally recognised certification, showing employers and others your commitment to making a positive impact on the mental health of others.



Learn how to **proactively** build mental wellness in people around you



Learn about **six domains of resilience** and the latest neuroscience



Learn **language** to talk proactively about mental health



Learn how to **respond** when someone is struggling



Learn a **strength-based** model to become a source of hope



Learn how to build **meaningful connections**

# What's Included in RFA



## 3 Year Certification

- Complete 14 hours a digital certificate along with acknowledgement of 14 hours of continuing professional development training hours completed
- Certificate valid for 3 years, with option to renew your certification with a 1-day refresher training at the end of the 3 years



## Driven Resilience App

- 12 months FREE access to the accredited Driven Resilience App with full mental health and resilience training courses
- This is a comprehensive digital resource that includes daily resilience-building activities to continue learning beyond the certification



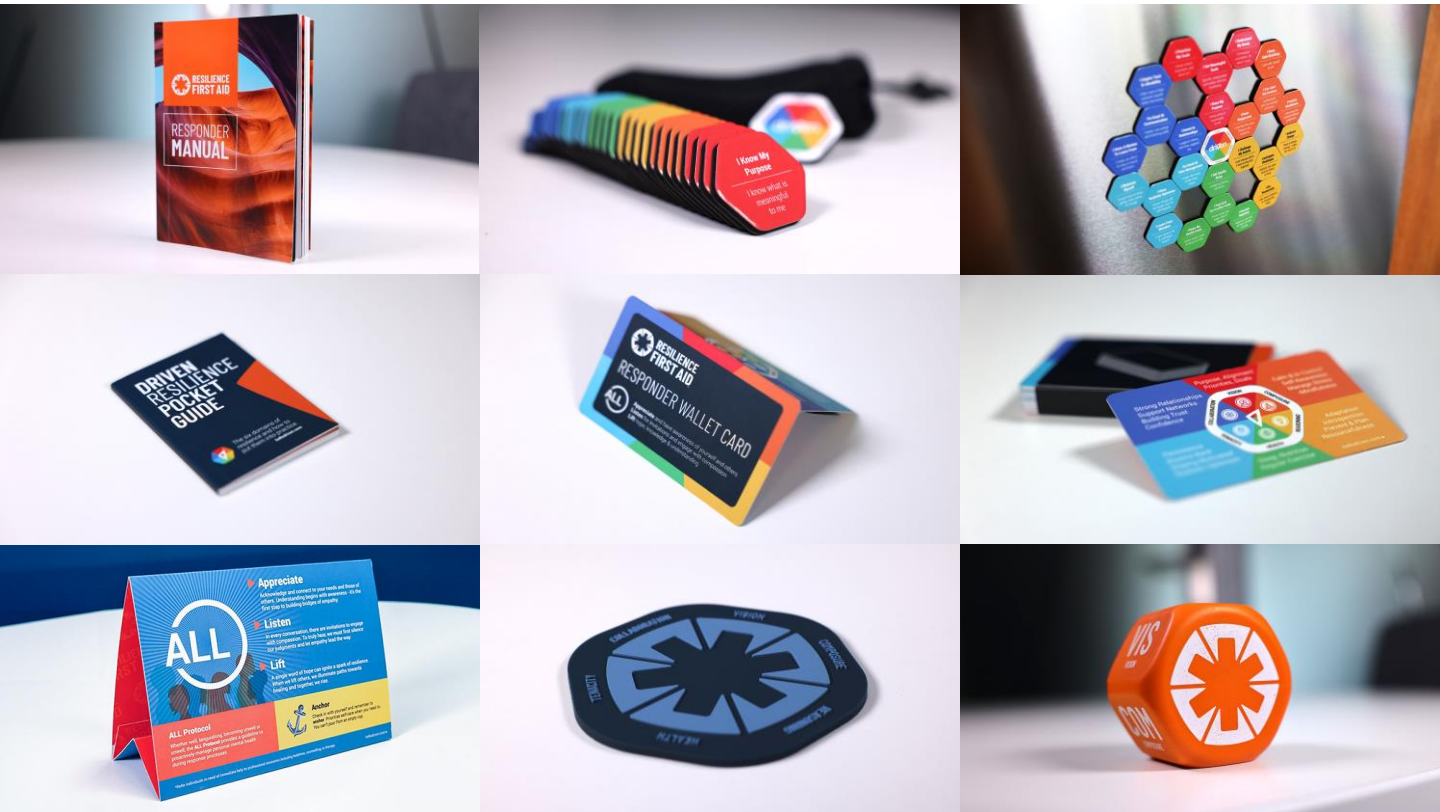
## Resilience First Aid Responder Kit

- Receive a unique set of physical resources to facilitate conversations and refresh your knowledge about Resilience First Aid
- Includes your Responder Manual with all the course content, a RFA wallet card with key information, magnetic resilience skill tiles, domain skill cards, tent card, and more to help you keep the concepts alive, visible, and tangible



## PR6 Resilience Report

- Get your own personal report to learn about your resilience strengths and where you have opportunities to build
- The PR6 is a validated resilience assessment that you'll get access to complete through the Driven Resilience App once you are certified



# Course Curriculum

Resilience First Aid is built on the peer-reviewed Predictive 6 Factor Resilience Model (PR6). The PR6 is a comprehensive whole body and brain resilience model that provides a clear framework to understand resilience and access practical skills.

The Resilience First Aid Certification consists of **eight modules covering 14 hours of total learning**. Each module is presented through engaging short videos.



## RFA01

### PRIMER

2 hours training



The Primer covers the knowledge to understand the Resilience First Aid **framework and introduces key tools** you will learn to become a Resilience First Aid Responder.

- Understand the concept of resilience – what is it and how does it protect against mental illness through building skills proactively
- Learn about the scientifically validated neuroscience-based Predictive 6 Factor Resilience Model which gives a clear picture of the six factors that build resilience
- Learn about the fundamental neuroscience of resilience, establishing a practical approach to understand and support people through understanding the brain
- Get introduced to the ALL Protocol, a highly applicable and easy-to-remember system to have great conversations that are impactful and build connection

## RFA02

### COMPOSURE

2 hours training



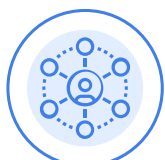
Learn about Composure as the domain focusing on **emotional regulation and awareness**, opening the door to activate other domains

- Understand neuroscience pathways to manage activation of the limbic brain and the fight-or-flight response, including how to notice signs in others and yourself
- Gain four practical skills to enhance and regain Composure, useful in the heat of the moment
- Learn about the highs and lows of Composure, how to detect signs and interpretation, as well as identifying risk factors and how to respond
- Get practical conversational examples to respond to different situations when someone is highly emotional to regain Composure

## RFA03

### COLLABORATION

2 hours training



Social connecting is crucial for our wellbeing. This is where Collaboration explores skills focusing on **strong connections and communication**.

- Learn about the neuroscience of social connection and the concept of co-regulation
- Explore three important social connection skills that help to build strong networks, enhance trust, and improve verbal and non-verbal communication skills
- Understand how to recognise needs of others around social connection, and also how to recognise strengths
- Try practical examples of conversations and phrases as inspiration to develop confidence in having impactful conversations

# Course Curriculum



## RFA04

### VISION

1 hour training



An important part of resilience is our **sense of meaning and purpose** in life. This is what Vision explores and develops.

- Learn key skills that develops a sense of purpose in life, including and understanding of basic human needs, answering the big questions in life, prioritising, and developing congruent goals
- Understand how to recognise the highs and lows of Vision, what do those signs mean and how they help to understand and connect with others
- Work through practical conversation examples about Vision to inspire proactive conversations that build relationships

## RFA05

### REASONING

2 hours training



An important part of resilience is about **planning ahead and using our higher brain functions** to challenge ourselves and proactively build a healthy mind. This is the domain of Reasoning.

- Explore the neuroscience of how proactive skills building help our ability to be resilient for future challenges
- Learn cognitive-focused skills such as building resourcefulness, planning ahead, challenging beliefs, and appraising change
- Know what to look for in others to recognise both Reasoning needs and strengths in others
- Access a practical case study to explore language and real-world application of Reasoning skills

## RFA06

### HEALTH

2 hours training



Resilience is supported by **good physical health and habits**, creating a healthy environment for the brain to perform at its best.

- Learn fascinating concepts about neuroplasticity and how neurons encode new skills, as well as how our actions impact the effectiveness of learning
- Understand how our health goals, nutrition, sleep, and exercise habits can enhance resilience, with practical tips to consider
- Learn how to recognise highs, lows, and risks related to Health that can inform important conversations
- Try out conversational examples to connect proactively and support good Health habits in those around you

## Accreditation Information

Resilience First Aid is **fully accredited** under the Australian Government's Suicide Prevention framework. You can read more about the full formal accreditation is by [Suicide Prevention Australia here](#).

Resilience First Aid is accredited by the Australian Counselling Association (ACA), providing approval for earning 10 Ongoing Professional Development (OPD) credits. [See the listing here](#).





# Course Curriculum



## RFA07

### TENACITY

1 hour training



Tenacity is what we often think about in terms of resilience – the ability to **be persistent and maintain our motivation** regardless of challenges along the way.

- Learn practical Tenacity skills such as building realistic optimism, self-motivation skills, how to overcome mistakes, and time management skills
- Know what to look for in others to spot high Tenacity, as well as where someone might need help and what might indicate mental health risk
- Try conversation skills using real-world scenarios to gain more confidence in connecting and communicating through practical examples

## RFA08

### CLOSING

2 hours training



The final module completes the certification through a review of key concepts, as well as **practical steps towards a future of proactive mental wellness.**

- Look back and review key concepts learned through the training as your path towards becoming certified
- Learn about building your own resilience using the tools you have access to as an ongoing resource, helping to understand yourself and your own authentic resilience story
- Step through a detailed case study to practice your use of the ALL Protocol as enhanced by the knowledge you've gained through the six domains
- Develop an action plan to champion resilience in your workplace, home, or wherever you see the need
- Finally, complete a short multiple-choice assessment to complete your certification!

## Training Formats

Resilience First Aid (RFA) is a **2-day mental health certification course**. Training is available in multiple formats to suit your needs.

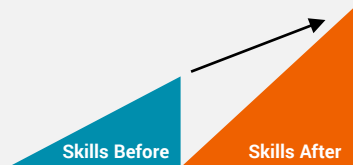
- **Fully Online** – 14 hours of self-paced training, with 3 months to complete
- **Blended Workshop** - 2 hours live workshop, 10 hours self-paced online, with a 2 hour live closing workshop
- **Live Workshop** - 2-day workshop, or 4 half day sessions. Schedules as needed



# Innovative and Highly Rated

97%

Rated RFA as  
Very Good or  
Excellent.



92%

Found resilience skills  
improved strongly or  
very strongly.

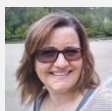
NPS: 92

Net Promoter Score.  
90% are Promoters



*This is the proactive preventative program I've been waiting for! It enables me to work more effectively in the space of resilience with myself and others, on a **personal and professional level**. As it has structured actions with applicable language examples and **easy to follow modules**.*

*The pre- and post support is inclusive and encouraging and the course content and resources are of an **exceptional high quality**. I really enjoyed completing the course and I now feel more informed and confident engaging others in resilience talks.*



**Natalie Tremain**  
Community Corrections Officer



*I have never seen a program as **comprehensive, yet so easy to use**. The PR6 makes sense. However, what stood out the most for me, is the ALL concept that RFA equipped me with to use in my professional and personal interactions.*

*This is the first time I have actually 'used' the learning and tools obtained from a training course. **The ALL concept is simple, it works...***



**Paul Faci**  
Leading Teacher –  
Student Agency



## START HERE

The Resilience First Aid Certification is a comprehensive package that brings a lot of value not only in the initial training, but also provides rich ongoing resources to keep building resilience. **Live and Fully Online formats are available.**

### Live Instructor-led Training

Experience interactive, face-to-face instruction with qualified trainers. This format fosters a dynamic learning environment and immediate feedback.

To start, find a Certified RFA Instructor here:  
[driv.ai/coaches-rfa](https://driv.ai/coaches-rfa)



CERTIFIED  
RESILIENCE  
FIRST AID  
INSTRUCTOR

### Self-Paced Online Training

For those who require flexibility, our high-quality video training allows you to learn at your own pace over 3 months, anytime, anywhere.

Fees: **\$575** AUD incl GST

Approx \$425 USD

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