



ADAPTIVE MINDSET[®]

Self-Perception Administration Kit



Facilitator Guide

AUDIENCE

Trainers and Facilitators

ASSESSMENTS AVAILABLE

Online and Paper Adaptive Mindset for Resiliency[®] Self-Perception Questionnaire

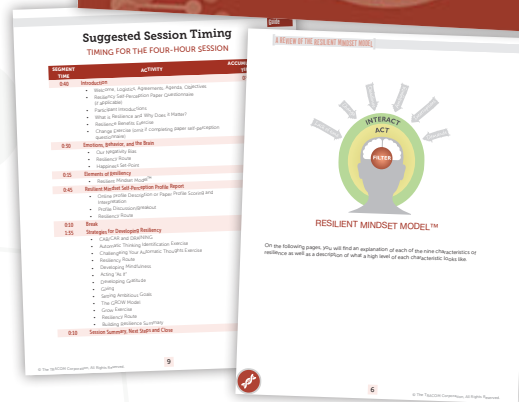
USE

This Administration Kit is a how-to guide using TRACOM[®]'s Adaptive Mindset for Resiliency Concepts Guide to facilitate a Resiliency session. It provides everything needed to learn to teach an introductory Adaptive Mindset for Resiliency class.

PRODUCT DESCRIPTION

TRACOM's **Adaptive Mindset for Resiliency Self-Perception Administration Kit** is a single resource built to enable trainers and facilitators to quickly teach a Resiliency class. It provides relevant background information on what resiliency is and why it is important. TRACOM's proprietary Resilient Mindset Model[™] provides an effective framework for understanding the nine key elements of resiliency. Participants use the Adaptive Mindset for Resiliency Concepts Guide to understand the model and to learn specific strategies for enhancing their resiliency.

TRACOM's **Adaptive Mindset for Resiliency Self-Perception Questionnaire** measures all nine elements of an individual's resiliency to promote awareness and support the development of strategies for improvement. This Administration Kit is a self-study resource to equip any trainer with the knowledge and tools to teach a Resiliency session using the Adaptive Mindset for Resiliency Self-Perception Questionnaire and concepts.



STRESS IN THE WORKPLACE

Research shows that stress has negative influence on individuals and organizations including:

- 51% of people say they are less productive due to stress
- 52% say that stress impacts career decisions
- Job pressure is top cause of stress in the United States
- Stress is linked to the six leading causes of death
- Stress costs American companies \$300 billion annually and causes 1 million daily work absences
- Stress is 4X more likely to cause absences than workplace accidents or disease

"It's not the strongest of the species that survive, nor the most intelligent; it's the most responsive to change."

-Charles Darwin



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Facilitator Guide Contents

BENEFITS

- Recognize your personal stress and the effect it has on your behavior
- Describe common reactions to adversity, and recognize those patterns with yourself
- Identify your own strengths in terms of personal resilience
- Learn to enhance your resilience.

THE ADMIN KIT INCLUDES

Facilitator Guide • Concepts Guide • Resource Guide • Paper Questionnaire • Resource Tools including PowerPoint Presentation, Sample Participant Certificate, Sample Evaluation Form, and Marketing Information Sheets • Strategies Ball • Strategies For Building Resilience Card

TRACOM IS THE SOCIAL INTELLIGENCE COMPANY

What is Social Intelligence?

Social Intelligence focuses on the three key personal success factors: Emotional Intelligence, Mindset and Behavioral Style. Through years of research and proven methodology, the TRACOM Group has helped millions of people better understand themselves and identify strategies for more positive outcomes and professional success.

TRACOM also offers SOCIAL STYLE assessments and courses to improve interpersonal effectiveness. Our Behavioral EQ courses and assessments develop the Emotional Intelligence skills needed to work more effectively with others.

Visit www.tracomcorp.com for more information.

INTRODUCTION

- Session Overview
- Learning Approaches

SESSION MATERIALS

- Preparation for the Self-Perception Session
- The Self-Perception Questionnaire
- The Adaptive Mindset for Resiliency® Concepts Guide
- Resource Tools
- Additional Materials Available for Purchase

SUGGESTED SESSION TIMING

- Timing for the Four-Hour session

UNDERSTANDING AND USING YOUR RESILIENCE SESSION

- Introduction
- Emotions, Behavior, and the Brain
- Elements of Resiliency
- Resilient Mindset Self-Perception Profile Report
- Strategies for Developing Resiliency
- Session Summary, Next Steps, and Close

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303-470-4900 • 1-800-221-2321

www.tracomcorp.com