



ADAPTIVE MINDSET®

Becoming Certified to Teach Adaptive Mindset for Resiliency®



Certification Process and Resources

AUDIENCE

Trainers and Facilitators

USE

Certification is designed to provide all the knowledge and skills necessary to facilitate an Adaptive Mindset for Resiliency program. Certification is required when using multi-rater profiles.



TRACOM offers a variety of options to become a Certified Adaptive Mindset for Resiliency facilitator. TRACOM Certification provides all the knowledge and skills necessary to facilitate any TRACOM Adaptive Mindset for Resiliency program. Certification is required when using a multi-rater profile. It is recommended, but not required, when using a self-perception profile.

It is expected that all Certification participants have previous experience facilitating developmental workshops. Our program is focused on teaching the facilitator the fundamentals of Adaptive Mindset for Resiliency. Certification also explains the resources that are available to create a productive Adaptive Mindset for Resiliency learning environment.

TRACOM recommends, but does not require, that facilitator candidates enroll as participants in an Adaptive Mindset for Resiliency class prior to beginning their Certification process. This gives invaluable insights into how the course and concepts are experienced by participants.

STRESS IN THE WORKPLACE

Research shows that stress has many repercussions 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 four times more likely to cause absences than workplace accidents or disease

DELIVERY OPTIONS

- Web-based phone certification
- On-site certification as part of an Adaptive Mindset for Resiliency program
- Web-based phone certification or on-site certification for previous Adaptive Mindset for Resiliency program participants.

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TRACOM CERTIFICATION RESOURCES

The **Adaptive Mindset for Resiliency® Certification Guide** is the foundation of every certification. Using the guide, the master facilitator will cover core concepts of Resiliency and provide opportunities for candidates to “teach back” what they’ve learned.

The **Developing a Resilient Mindset™ Administration Kit** is a step-by-step guide for teaching a one-day course, with detailed descriptions of the Resiliency concepts and guidance for facilitating the course.

The **Adaptive Mindset for Resiliency® Multi-Rater Profile Guide** is a thorough explanation of the Adaptive Mindset for Resiliency Multi-Rater Profile from both the facilitator’s and participants’ perspectives. It shows how to use the Multi-Rater profile to enhance the understanding and impact of training. By reviewing this report you will understand the important role that research plays in the Resilient Mindset Model™.

The **Adaptive Mindset for Resiliency® Technical Report** reviews the research behind the Resilient Mindset Model.

Many TRACOM products may be purchased online. Visit www.tracomcorp.com for more information.



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Certification Agenda

INTRODUCTION

- Certification Course Purpose
- Objectives
- Agenda
- Certification Process
- Your Expectations

WHAT IS RESILIENCE AND WHY IS IT IMPORTANT?

- Core Concepts
- Candidate Teach-Back

THE NEGATIVITY BIAS, OUR EMOTIONS AND LOGICAL BRAIN

- Core Concepts
- Candidate Teach-Back

THE RESILIENT MINDSET MODEL™

- Core Concepts
- Candidate Teach-Back

DEVELOPMENT OF THE MODEL AND INSTRUMENT

- Core Concepts

STRATEGIES - CAB/ CAR

- Core Concepts
- Candidate Teach-Back

STRATEGIES - MINDFULNESS AND ACT “AS-IF”

- Core Concepts
- Candidate Teach-Back

STRATEGIES - GRATITUDE, GIVING AND GOAL SETTING

- Core Concepts
- Candidate Teach-Back

PROFILE REVIEW AND DEBRIEF

- Core Concepts

ADDITIONAL DEVELOPMENT STRATEGIES

- Core Concepts

PROFILE DEBRIEF

- Candidate Teach-Back

QUESTIONS AND ANSWERS

FREQUENTLY ASKED QUESTIONS

SAMPLE PROFILE REPORTS

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303-470-4900 • 1-800-221-2321

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