



Get Certified to Teach Adaptive Mindset for Resilience

WHY GET CERTIFIED?

TRACOM's Resilient Mindset program is a unique exploration of cognitive biases, those counterproductive tendencies that limit performance. It teaches practical techniques to overcome stress and change fatigue. It allows people to bounce forward from adversity and embrace change. They become more engaged, flexible and productive. Resilience training also directly supports change initiatives and wellness programs.

TRACOM Certification provides all the knowledge and skills necessary to facilitate Resilience training. Certification is required when using a multi-rater profile, but it's benefit in facilitating all courses and approaches means learners get more value and depth of knowledge in the learning experience.

AUDIENCE

Trainers and Facilitators, L&D and HR Leaders, Consultants and Professors all benefit from Certification by improving the learning experience for your clients, student and teams. Resilience Training is specifically beneficial in training:

1. Team leaders and change agents
2. Sales professionals
3. Managers
4. Individual contributors

BENEFITS

- Increase productivity
- Improve employee engagement, wellness and sense of wellbeing
- Reduce workplace stress and increase adaptability to change
- Helps employees uncover opportunity in disruption
- Bounce forward in times of adversity

DELIVERY OPTIONS



- Virtual, open-enrollment session
- Virtual, private 1:1 session
- On-site, private small group session

WHAT IS INCLUDED WITH CERTIFICATION?

- » **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.

PRODUCTIVELY RESPOND TO CHANGE WITH A **RESILIENT MINDSET**

People are naturally wired to fear change and view new things with a negative perspective. Resilience training prepares employees to view change as an opportunity and be more supportive and accepting of it.

Adaptive Mindset for Resilience Certification ensures facilitators are prepared to teach these programs (using the multi-rater profile):

UNIVERSAL AUDIENCE PROGRAMS:

- Developing a Resilient Mindset (1-Day)

CERTIFICATION AGENDA AND TOPICS:

- Introduction
- Why is Resilience and why is it Important?
- The Negativity Bias, our Emotions and the Logical Brain
- The Resilient Mindset Model
- Model Research and Development
- Strategies: CAB / CAR
- Strategies: Mindfulness / Act “as if”
- Strategies: Gratitude / Giving / Goal Setting
- Instrument and Profiles
- Profile Debrief
- Facilitation Practice
- Additional Resources
- Norms, Global Use
- Q&A

POST-CERTIFICATION RESOURCES:

- Onboarding support option to assist training preparation
- Access to social channels, resource content, media and continual learning tools
- Continue your journey post-certification with exclusive access to content and research



“I like that
TRACOM’s
programs
are always
scientific,
but also very
practical.”

STEVE FRANKLIN

Director of Learning & Development,
CoBank