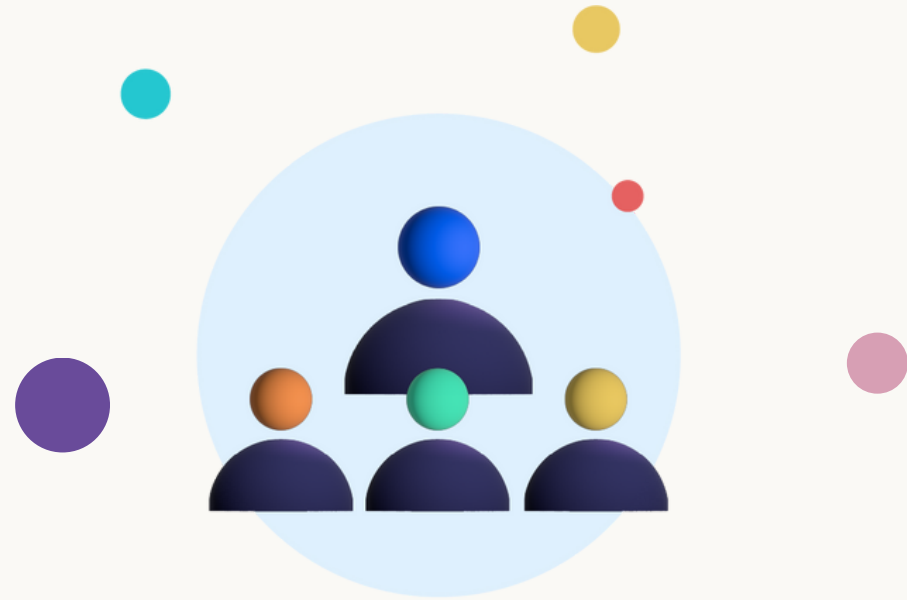




# Resilience Accreditation Programme



**Shift your coaching practice to the next level by becoming a resilience coach.**

The Resilience Accreditation Programme offers some of the most in-depth and rigorous learning within the coaching profession. Focusing on how to work with all levels of the Resilience Dynamic®, the programme integrates both performance and wellbeing coherently.

To succeed in the programme, participants need to demonstrate they qualify as a safe pair of hands, capable of supporting and challenging clients at all resilience levels, whether they are struggling or thriving.

# What is Resilience?



## Resilience is your capacity for change

Workforce resilience is key to reducing stress, adapting to change, boosting your business, and re-energising your whole team. The Resilience Dynamic offers a window into this.

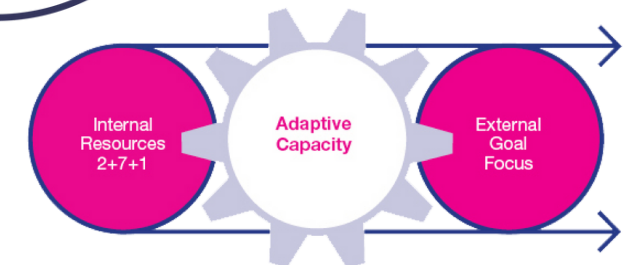
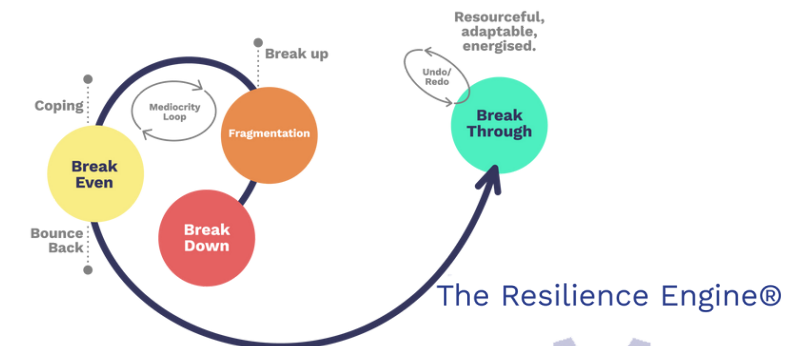
We help organisations embed resilience skills in a straightforward and suitable way. Our approach builds on over 15 years of research and experience in the field.

## The Resilience Dynamic Models

The Resilience Dynamic models are the result of over 15 years of research. They explain what resilience is - and go beyond the standard definitions encompassing Coping and Bouncing Back. These models are part of resilience, but not all of the parts.

The Resilience Accreditation Programme enables experienced coaches and organisation development (OD) practitioners to become accredited in the use of the Resilience Dynamic research models and tools. This license grants complete flexibility in how you use the Resilience Dynamic materials. You can use them in coaching, workshops, conferences or embed them into leadership programmes. Tailoring your approach to different resilience levels will create much higher impact.

### The Resilience Dynamic®

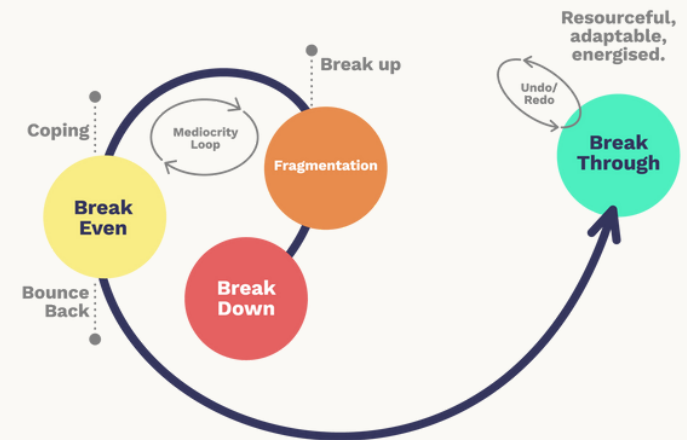


# Why Become an Accredited Practitioner?

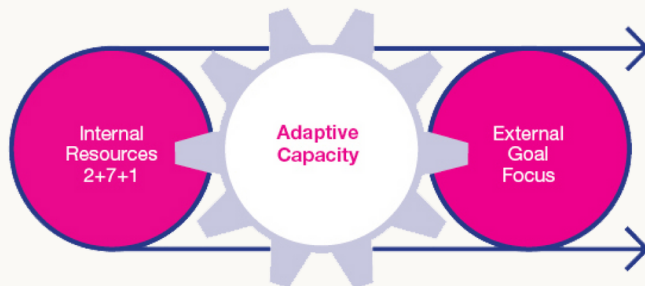
## Learn effective strategies for different resilience levels

Become comfortable working with any level of resilience, from those not coping through to those that thrive. Understand the implications and the best ways of helping your client to resource themselves. Deepen your ethics, so you too are resourced.

The Resilience Dynamic®



The Resilience Engine®



## Learn about new tools and techniques

New tools and techniques to enable the client to effect a wholly resilient way of working and living. Learn how to apply our research and methods to help clients who are in challenging or uncertain circumstances shift from being stuck, ineffective, lacking in focus or suffering from burnout or stress.

## Join an amazing Community of Practice

Join our dynamic Community of Practice which support one another and share best practices and ideas. Come into our monthly coffee mornings, continue to learn through our organised CPD sessions, and enjoy sharing and connecting at our annual conference. This community is very much alive and growing, and enjoys making a difference together in our complex world.

Programme  
accredited by the



80 hours in total  
60 hours ICF CCEUs

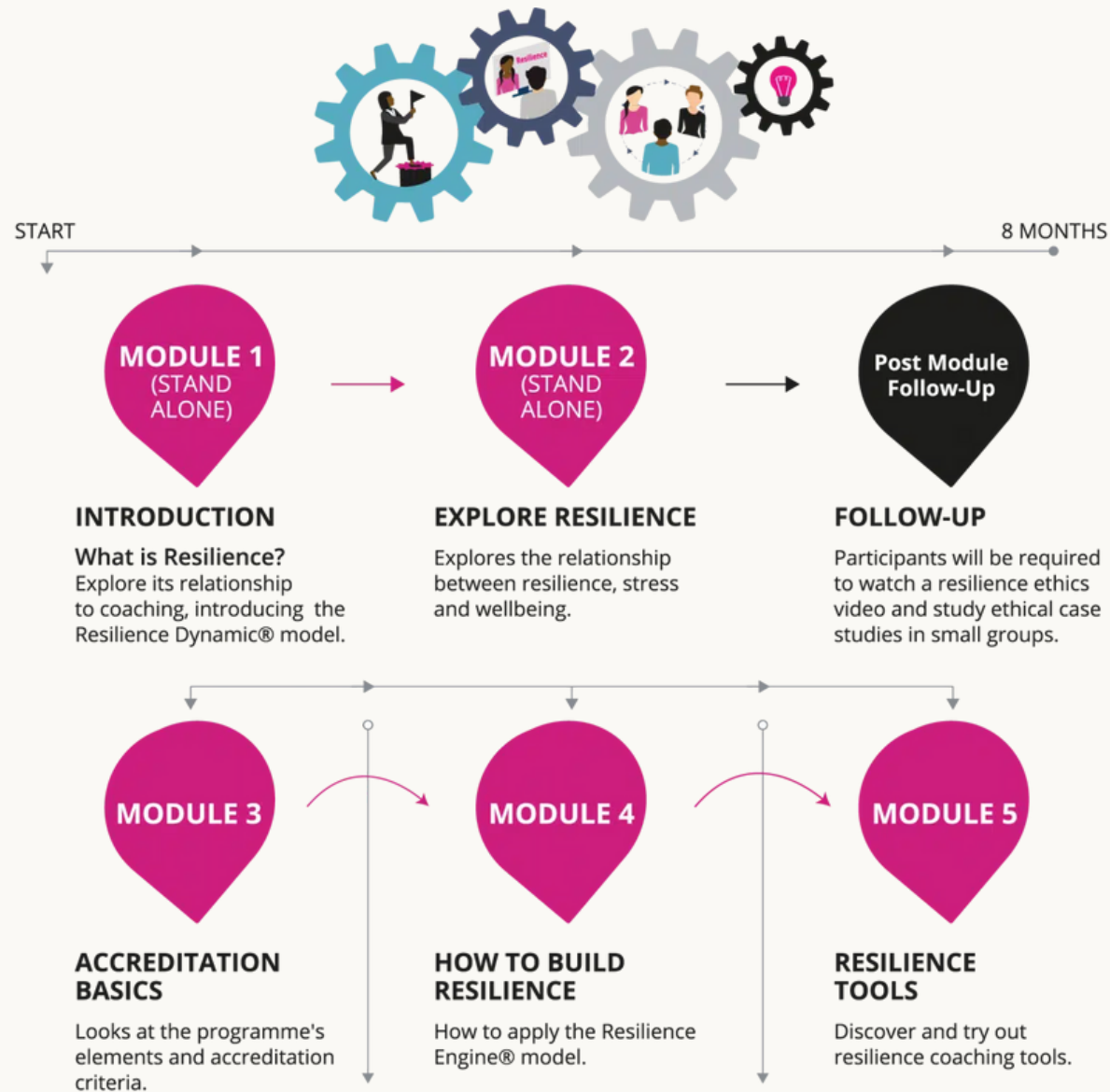
# Resilience Outcomes

Participants in the programme will better enable their clients to feel psychologically safe. This will allow them to confidently explore, understand and experiment with the conditions for their own resilience to thrive, while increasing energy and innovating. In addition, coaches will also benefit from developing the skills and attitudes needed to shift the barriers to their own resilience.



At Individual Level	At Organisational Level
Reduce stress, anxiety and burnout	Reduces absenteeism and supports wellbeing strategies
Builds adaptability for change	Helps employees implement successful strategies to manage risk, complexity and change
Fosters capacity for new thinking and learning	Provides employees with the space to reflect, learn, innovate and increase agility
Supports and promotes whole person wellbeing	Supports employees practically in minimising the resilience drain and maximising their wellbeing
Restores and improves confidence	Provides better/faster decision making; increases risk management capability
Enhances performance levels	Releases and extends capacity for quality thinking and action
Increases engagement	Employees align more clearly to organisation's purpose

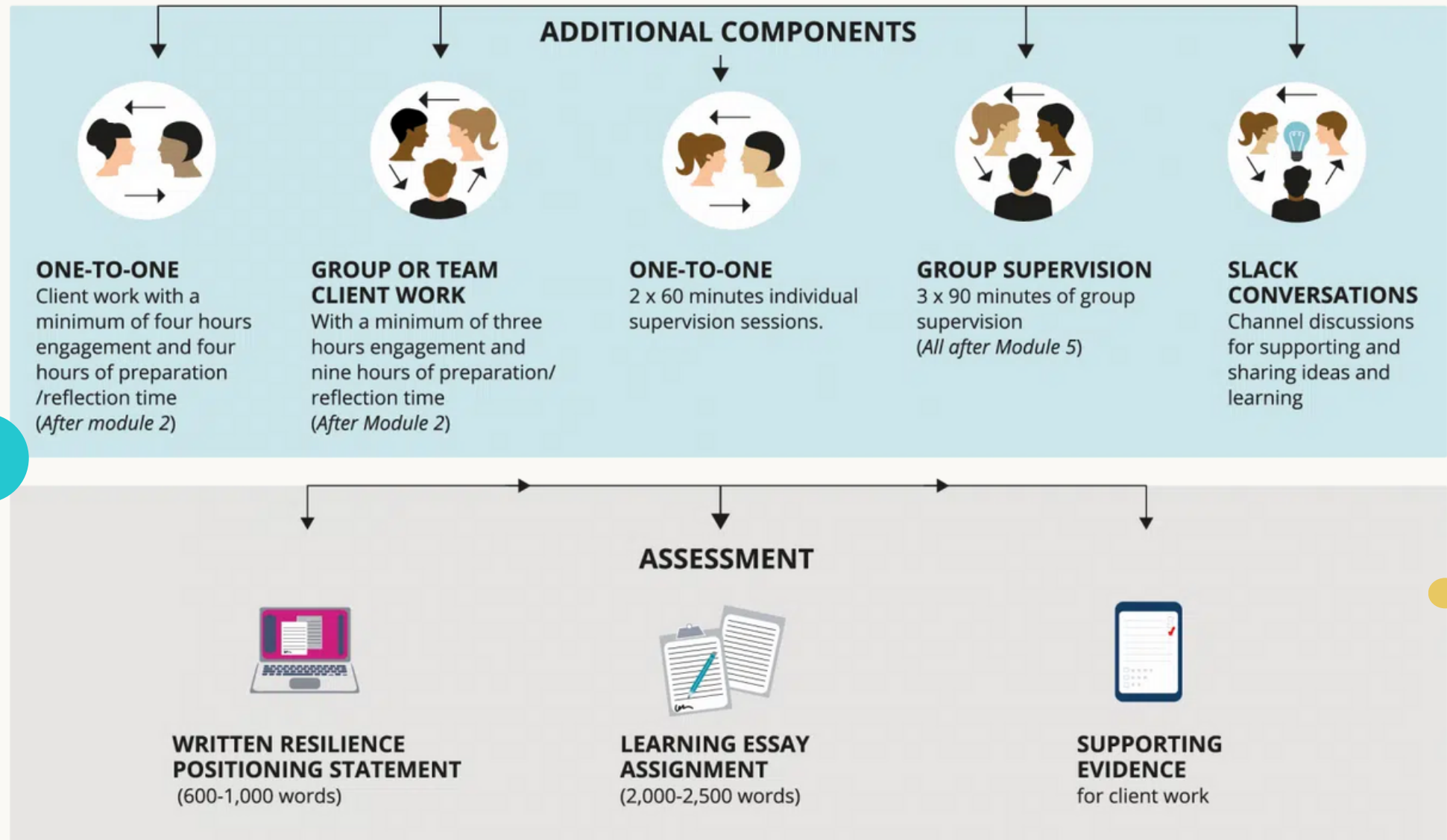
# Programme Structure



\*PARTICIPANTS WILL BE REQUIRED TO WATCH THE RESILIENCE NUANCES VIDEO; CAPTURE KEY LEARNINGS, COMPLETE COACHING PRACTISE USING THE ENERGY BATTERY®, AND KEEP A LOG OF LEARNING REFLECTION.



# Programme support and requirements



# Overview of Modules and Learning Outcomes

The eight-month programme provides a rich, highly practical, and multifaceted learning experience.

## Pre-Programme Work

Participants are required to read the Overview of Resilience paper, Licencing document, complete the Energy Tracker Diagnostic and watch two short videos before commencement.

- Set a plan for your own resilience development against an initial self-assessment exercise
- Become more confident on what you can already draw on for resilience coaching

## Module 1 - What is Resilience?

Introduction to resilience and exploration of its relationship to coaching, using the Resilience Dynamic® model.

By the end of the module you will have:

- Explored what resilience is and what it is not
- an understanding of resilience in different contexts - individual, family, client, and organisation
- Examined your own resilience levels using the Resilience River® and Resilience Dynamic®
- Looked at stress, control and change on the Resilience Dynamic®
- Considered the importance of ethics in resilience coaching

## Module 2 - Explore Resilience

Explores the relationship between resilience, stress and wellbeing, and looks in detail at the top barriers and enablers for resilience.

By the end of the module you will have:

- Examined stress and your own awareness
- Studied the top three barriers and implications on capacity
- Explored the top resilience enablers of Being and Energy
- Be ready to start client work

## Module 3 - Accreditation Basics

Looks at the programme's main elements, key client practice requirements, the accreditation criteria and self-assessment against the criteria.

By the end of the module you will:

- Understand the criteria for successfully completing the programme

## Post Module 3 Follow-Up

Participants will be required to watch a resilience ethics video to evoke deeper awareness around ethical issues and dilemmas and capture their key learnings from the first workshop. Participants are required to study ethical framework case studies in small groups.

## Module 4 - How to Build Resilience

Builds awareness of your own resilience levels and how to use the Resilience Engine® model in-depth to recognise own and client resilience levels.

By the end of the module you will have:

- Gained understanding of the foundations for resilience in self and clients
- Experienced the Resilience Engine® research model and its component parts in coaching practise
- Worked with a more extended evidence-based set of barriers to resilience
- Have used the Resilience Engine® tools and Resilience Dynamic® together to connect into the client's resilience levels, and where the resilience coaching work is

## Module 5 - Resilience Tools

Focuses on resilience coaching tools, to support enabling more complex aspects of resilience: Learning and Purpose.

By the end of the module you will have:

- Looked in depth at Being Present in the moment for self and for the client
- Been introduced to the Energy Battery® tool
- Gained an understanding of how to apply Learning and Purpose work as key enablers of resilience and wellbeing
- Integrated learning including dominant start points, ethics and client safety

# Our Accredited Practitioners

## Sharon Milroy

Director, The Synergy Alliance  
Accredited Practitioner since 2016

"Confidence can be the presenting issue but it is all about resilience and where they are in terms of their resilience. The Resilience Engine® and the Resilience Dynamic® give people a great framework to be at their optimum."



## Kate Rees

Individual & team coach,  
Kate Rees Coaching Ltd  
Accredited Practitioner since 2018

"The Resilience Engine® is a fantastic tool to give a message that can be quite complicated. I found really incredible having all these coaches from all different backgrounds working in with different sort of clients with the same approach to resilience."



## Rudi Kindts

Partner and Certified Integral Coach™  
Accredited Practitioner since 2016

"The Programme has been a real eye opener for me. No one has integrated the most recent findings about resilience so masterfully as the Resilience Dynamic has done. The result is a holistic approach based on solid research. The Resilience Dynamic offers plenty of tools that resonate with clients. The programme has challenged me to take my own resilience seriously. I recommend the programme to coaches who wish to support their clients to have a more balanced and productive life."



## Charlotte Hitchings

Accredited Practitioner since 2015

"I really like the fact that the Resilience Engine® model takes into account all the complexity and uniqueness of individuals. There are many possibilities to explore using the model and many different routes to improved resilience, which is an achievable goal for everyone, no matter where their resilience currently is."





# The Faculty



**Alison Kane**

**Programme Director and Lead Faculty**

Alison is an executive and leadership coach with a background in the oil industry. She works with leaders and teams across all sectors to transform performance. Alison believes that resilient leaders support resilience in themselves, their followers and organisations, and that resilience makes lives happier, stronger and more productive. In both her coaching work, and in delivering the Resilience Dynamic models and tools, she is passionate about making resilience real for everyone.



**Anne Archer**

**Faculty**

Anne's passion is to shift perspective in mental health at work. We all deserve to thrive, and her approach is whole person, whole life. She has a unique portfolio where she can address people in deep crisis, to executives who want a bit more capacity in a full and rich life. This perspective is enabling in how Anne works with clients. Her greatest satisfactions come from seeing individuals grow in their capacity to thrive in life and for organisations to create the environment where to thrive is normal.



**Rebecca Walker**

**Faculty**

Rebecca is a leadership coach and works globally with organisations, teams and individuals across a range of sectors. She works with executives and aspiring leaders to develop and transform their leadership performance, resilience and confidence. With over 20 years in corporate communications for clients such as BT, Barclays, Novartis, Legal & General and Olswang, Rebecca is experienced in developing and delivering programmes for managers and leaders on leadership, dynamic teams and resilience.



**Jenny Campbell**

**Academic Director and Founder of the Resilience Engine**

Resilience and executive coaching go hand in hand, providing rigorously researched insights together with tools and techniques for enabling the development of resilience in others. Jenny is dedicated to furthering our understanding of resilience in order to create the highest healthy and sustainable success possible. This is for individuals, teams, organisations, and more recently, communities. Her primary aim is to make the incredible, deep and simple findings of her research accessible by all.

# Contact Us

If you want to have an in-depth knowledge & understanding of how to support your clients' resilience & wellbeing, sign up to the Resilience Accreditation Programme.

Length of programme	8 months
Where	The programme is delivered virtually.
Number of participants	If you and your organisation have 8 or more people interested in the Resilience Accreditation Programme, you can sign up for a dedicated internal programme.
Pricing	<p>Programme pricing for the open programme: £2950+VAT (Please speak to us about payment plans)</p> <p>Programme pricing for internal programmes: please enquire via <a href="mailto:info@resilienceengine.com">email</a>.</p>
How to sign-up	Please get in touch via <a href="mailto:info@resilienceengine.com">email</a> : <a href="mailto:info@resilienceengine.com">info@resilienceengine.com</a>



Programme  
accredited by  
 International  
Coaching  
Federation  
80 hours in total  
60 hours ICF CCEUs

Get in touch...

[info@resilienceengine.com](mailto:info@resilienceengine.com)  
[www.resiliencedynamic.com](http://www.resiliencedynamic.com)