# RESILIENCE FIRST AID®

2-Day **Resilience First Aid accredited** mental health certification. **Proven evidence-backed prevention program** to build peer support and personal resilience.

Suicide Prevention Australia STANDARDS

Quality Innovation Performance ACCREDITED PROGRAM

AACME® AMERICAN ACADEMY OF CME, INC. ACCREDITED TRAINING

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# RESILIENCE FIRST AID®

2-Day **Resilience First Aid accredited** mental health certification. **Proven evidence-backed prevention program** to build peer support and personal resilience.

RESILIENCE FIRST AID CERTIFIED

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## **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.

Research shows Resilience First Aid has a proven impact, **building both personal resilience and peer support skills**, plus enhancing suicide prevention skills by 33%.

### 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 is a peer-reviewed program, building on the Predictive 6 Factor Resilience Model whic provides 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, 12 months to complete, start any time here: driv.ai/rfastart
- **Live** - trainer led, find a coach to schedule here: driv.ai/coaches-rfa

Fees: **US $425** pp

**Register now:** driv.ai/rfastart

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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**

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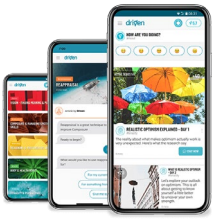
# **What's Included** in RFA

### 3 Year Certification

- Complete 14 hours and receive 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

### Pre & Post Resilience Report

- Get your own pre & post personal report to learn about your resilience and peer support strengths along with where you have opportunities to build
- The PR6 is a validated resilience assessment that you'll get access to at the start and at the end of the training, with a full PDF report available to download

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# **Dual Impact:**
# RFA Evaluation Research

Resilience First Aid is a peer-reviewed program, with research and results published in the Journal of Applied Neurosciences. Impact of the certification shows significant improvements through the training.

Improvements were found immediately after the workshop, with the impact continuing and even improving further after the training.

**What's more, Resilience First Aid improved both peer support as well as personal resilience skills.** Read the research here - driv.ai/rfa-research

## RFA's Impact

The dual impact of RFA shows how valuable this course is for communities as well as individuals building their own personal sustainability.

Overall, Resilience First Aid improved personal resilience levels by 14.5%, with vulnerable groups improving by 41%.

Suicide prevention skills increased by 30%, **making Resilience First Aid an invaluable course to save lives.**

**+14.5%**
**Overall** resilience improvement

**+30%**
Ability to identify **suicide warning signs**

**+41%**
Improvement in **vulnerable** groups

## Industry Results

As an accredited suicide prevention program, Resilience First Aid's evaluation research also found a very strong improvement in many different industries.

The broad applicability of the training means that workers across all industries and settings can learn valuable skills that help at both a personal and professional level.

This training is important for everyone to complete. As a practical and proven approach to prevention in mental health, take the first step to bring this valuable training to your people today.

**+20.3%**
Improvement in **Emergency Services**

**+13.8%**
Improvement in **Healthcare** workers

**+15.6%**
Improvement in **Financial Services**

**+15.8%**
Improvement in **Community & Social**


Rossouw, J.G., & Ruberto, M. (2025). Resilience First Aid: Primary prevention through a strength-based peer support programme. *Journal of Applied Neurosciences*, 4(1), a17. https://doi.org/10.4102/jan.v4i1.17

Rossouw, J. G. (2025). Improving Peer Support and Personal Mental Health Skills Through Resilience First Aid (RFA) Training PsyArXiv. https://doi.org/10.31234/osf.io/fm27q_v1


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# 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 **ten modules covering 14 hours of total learning**. Each module is presented through engaging short videos.

## RFA**01**

### PRIMER

1.5 hours training

The Primer covers the knowledge to understand the Resilience First Aid framework and **introduces key concepts** you will learn to become a Resilience First Aid Responder. Start with a pre-assessment to set a starting point.

- 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, validated through independent research

## RFA**02**

### SCORES

0.5 hours training

This module takes participants through their **personal resilience and peer support assessment scores**, providing personal insight into their current status to assist with guiding participation through the course.

- Describe Personal Resilience Scores - Understand resilience starting scores as measured through the Predictive 6 Factor Resilience Scale
- Describe Peer Support Scores - Understand peer support starting scores to support learning through the program
- Identify Focus Areas – Guide personal focus through the remainder of the training through an active appreciation of a personal starting point
- Get access to your own report to reflect on as a comparison post-training

## RFA**03**

### ALL PROTOCOL

1 hour training

We now introduce the **conversational protocol** used through the program. This provides a clear framework to make everyday conversations practical through real language examples and an approach that is explored in more detail through each of the six resilience domains.

- Apply the ALL Protocol for Peer Conversations - Apply the basics of the ALL Protocol (Appreciate, Listen, Lift) and explain how it supports resilience-building conversations
- Anchor for Self-management - Explain the concept of Anchor to be able to manage personal sustainability
- Connect Resilience Support to Prevention - Explain how resilience contributes to primary prevention of mental health issues, including suicide prevention



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# RFA**04**

## COMPOSURE

1.5 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

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# RFA**05**

## COLLABORATION

1.5 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

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# RFA**06**

## VISION

1.5 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

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# RFA**07**

## REASONING

1.5 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


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# Course Curriculum

## RFA**08**

### HEALTH

1 hour 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

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## RFA**09**

### TENACITY

1.5 hours 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

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## RFA**10**

### CLOSING

1.5 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
- 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!

## Accredited Training

**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 also accredited by the American Academy for CME, providing 14 hours of credits for physicians and nurses in the USA.

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# 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

RESILIENCE FIRST AID

# 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 with community impact

**To start, find a Certified RFA Instructor here:**
driv.ai/coaches-rfa

CERTIFIED RESILIENCE FIRST AID INSTRUCTOR

## Self-Paced Online Training

For those who require flexibility, the self-paced option uses interactive video training with **AI-powered real-time feedback**, allowing you to learn at your own pace over 12 months, anytime, anywhere.

Fees: **$425** USD

**To start, register here:**
driv.ai/rfastart

**Contact for invoicing or bulk bookings:**
info@hellodriven.com

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