



# RESILIENCE FIRST AID<sup>®</sup> REFRESH

1-Day **Resilience First Aid Refresh** training to renew RFA certification for an additional 3 years.



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## RENEW YOUR RESILIENCE FIRST AID (RFA) CERTIFICATION



### Evolve Your Skills

The **Resilience First Aid (RFA) Refresh** course is more than just a certification renewal - it's a commitment to staying at the forefront of preventative mental health. As research in resilience and mental well-being advances, RFA evolves to bring you the latest, evidence-based strategies that reinforce peer support and early intervention.

- **Keep Your Skills Current** - The Refresh course integrates new research findings, giving you an updated understanding of resilience that reflects the latest science
- **Strengthen Your Proactive Support** - Reinforce and expand your RFA skills to better support resilience in others and cultivate a culture of mental wellness through early, proactive conversations
- **Enhanced Peer Support Capabilities** - With a renewed focus on six resilience domains, you'll gain refined tools to identify early warning signs, enabling you to intervene before challenges escalate

This commitment to continuous learning ensures that RFA-certified individuals remain equipped to build resilience in themselves and others, actively contributing to a supportive and mentally healthy community.

**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% in four weeks.

### RFA Summary:

**1-day** workshop

Purpose:

- Renew your Resilience First Aid Certificate for 3 more years
- 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

**Prerequisites:** RFA Certified in the last three (3) years

Formats:

- **Fully online** - self-paced, 12 months to complete, start any time here: [driv.ai/rfarestart](http://driv.ai/rfarestart)
- **Live** - trainer led, find a coach to schedule here: [driv.ai/coaches-rfa](http://driv.ai/coaches-rfa)

Fees: **AU \$375 pp**  
US \$285 pp

**Register now:**  
[driv.ai/rfarestart](http://driv.ai/rfarestart)



The **Resilience First Aid Refresh course builds on your foundation**, advancing your knowledge and skills to continue making a meaningful impact on mental wellness.



## Why Renew Your Certification

### Extend Your Certification and Stay Current

The RFA Refresh course renews your Resilience First Aid certification for an additional three years, keeping your skills aligned with the latest scientific advancements in preventative mental health

### Enhance Core Skills and Proactive Support

Dive deeper into the 6 domains of resilience and the ALL Protocol, expanding on how to Anchor for sustainability, enhancing your ability to offer meaningful, proactive support to those around you

### Receive Updated Resources

Enjoy complimentary worldwide shipping of new RFA workshop materials, including unique physical tools designed to strengthen your knowledge and facilitate impactful resilience conversations

### Seamless Integration with the Driven App

Access refreshed digital resources, such as the Resilience Impact Community Guidelines, instantly via QR codes in the manual, ensuring continuous learning and practical application of skills in real time



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**

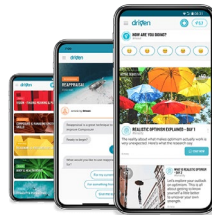


# What's Included in RFA Refresh



## 3 Year Certification

- Complete 7 hours and receive a digital certificate along with acknowledgement of 4 hours of continuing professional development training hours completed
- Certificate valid for 3 years, extending your certification through updated content



## 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 Manual

- Get the newest RFA workshop materials. A unique set of physical resources to facilitate conversations and refresh your knowledge about Resilience First Aid
- Includes your RFA Certification Manual with all course content, space for activities, notes, QR codes to scan for instant digital activities in the Driven App



## PR6 Resilience Report

- Get your own personal report to learn about your resilience strengths and where you have opportunities to build
- The PR6 is a validated resilience assessment that you'll be able to complete at the start of the training, and includes insights into your current peer support views and skills

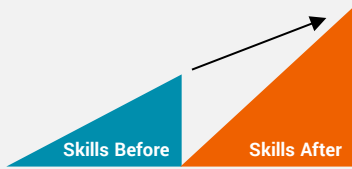
## GET NEW RESOURCES



# Measurable **Benefits & Impact**

**97%**

Rated RFA as Very Good or Excellent.

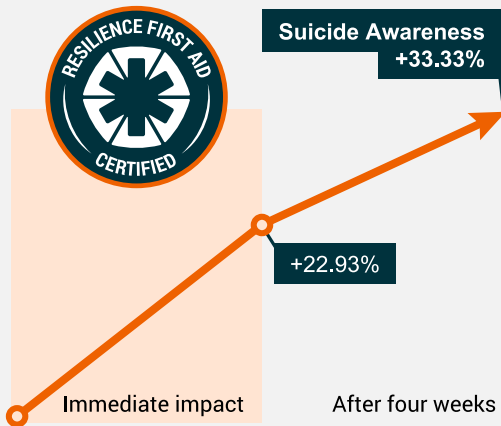


**92%**

Found resilience skills improved strongly or very strongly.

**NPS: 92**

Net Promoter Score. 90% are Promoters



**15.8%**

Average resilience increase in **all people** who complete RFA

**56.7%**

Average increase in **vulnerable** people who complete RFA training



**RESILIENCE FIRST AID**

## REFRESH NOW

The Resilience First Aid Refresh Certification can be completed by **anyone who is currently RFA Certified**. You can start anytime online with your original Driven account, or attend a live workshop and ensure you have your previous certificate ready.

### Live Instructor-led Training

Experience interactive, face-to-face instruction with qualified trainers. This format provides a dynamic learning environment and immediate feedback.

To start, find a Certified RFA Instructor here:

[driv.ai/coaches-rfa](https://driv.ai/coaches-rfa)



**CERTIFIED RESILIENCE FIRST AID INSTRUCTOR**

### Self-Paced Online Training

For those who require flexibility, our high-quality video training allows you to learn at your own pace over 12 months, anytime, anywhere.

Fees: **\$375** AUD incl GST

Approx \$285 USD

To start, register here:

[driv.ai/rfarestart](https://driv.ai/rfarestart)

Contact for invoicing or bulk bookings:

[info@hellodriven.com](mailto:info@hellodriven.com)

