



Accelerate Job Seeking Program

A specialist career and wellbeing program designed to support workers with mental illness or psychological injury return to meaningful new employment

Accelerate is a specialist career and wellbeing program designed to support workers with mental illness or psychological injury return to meaningful new employment, particularly if the career change is unexpected in nature.

The Accelerate program utilises:

- Positive psychology principles and a strength-based approach to plan for and identify future vocational goals by motivating positive job seeking behaviours
- Principles of neuroscience for understanding potential triggers that may activate the stress response
- Psychological treatment methodologies (CBT, ACT and Motivational Interviewing) that are applied throughout the wellbeing aspects of the program to understand and manage emotional reactions, as well as enhance resilience competencies to job seek during challenging times
- Practical and evidenced based job seeking tools, techniques and resources to support a successful employment transition
- Access to the Resilient Me Digital Platform for self-directed learning activities, wellbeing embedding activities and homework tasks.

Our program is designed to assist workers to identify occupational strengths, skills, interests, work preferences, values, lifestyle needs, job satisfiers and motivators, to plan for future vocational goals during times of change. Accelerate is underpinned by Resilia's in-depth knowledge and understanding of best practice psychological injury recovery and resilience research, which has been gained from a decade of experience working solely in the area of psychological injury recovery and supporting over 5000 workers with a psychological illness to return to work.

Resilia's team of Psychologists and Rehabilitation Counsellors use a practical and coaching approach which encourages workers to reflect on their personal situation and takes them through a process of self-discovery aimed at identifying future job and career goals. By tailoring the Accelerate program to areas that best suit the worker and equipping them with the latest practical tools and personal resilience strategies to make a successful employment transition, the worker significantly increases their chances of finding a new and rewarding career in a timely manner.



Program delivery

- Weekly individual wellbeing and job coaching support from qualified Resilia Consultants (1hr to 1.5hrs)
- Homework tasks provided at the end of each session to maintain momentum
- Access to the Accelerate Program via the Resilient Me Digital Platform for further learning and embedding activities that can be undertaken in between coaching sessions



Program delivery

- **Module 1:** Maintaining wellbeing during change and job seeking for “good work”
- **Module 2:** Developing high impact job seeking material and evidence-based strategies to overcome roadblocks that may be encountered in the job seeking process
- **Module 3:** Communication skills on how to present confidentiality, create a positive impression, as well as developing a plan of where and how to look for work
- **Module 4:** Enhancing skills for job interviews as well as overcoming interview anxiety
- **Module 5:** Resilience competencies to keep ‘work fit’ whilst job seeking
- **Module 6:** Putting job seeking skills into practice and looking ahead



Subscription to the Resilient Me digital platform

Resilient Me is a major advancement in terms of online employee wellbeing and job seeking and supports the key learning of the Accelerate program. Key features include:

- Individual member access
- Over 300 fact sheets, podcasts, videos on a range of mental health, wellbeing and career topic areas
- Comprehensive digital resilience strengthening program comprising 15-minute online learning across the 6 core areas of building resilience
- Tailored embedding activities to be completed by workers in between coaching sessions (as directed by the Resilia Coach)
- Ability to use it on a mobile device or computer so the worker can access it from geographical locations and during times that work best



Resilia employment placement coach

All participants are provided with access to a dedicated Employment Services Coach (ESC). The ESC provides the worker with 1:1 job placement assistance which includes sourcing job vacancies, reverse marketing and marketing the worker into new employment opportunities that are tailored to their specific needs.