



Resilient Me Digital Platform

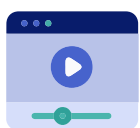
Giving remote access to content and programs that support recovery, prevent relapse and build job seeking capabilities

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

Key features

Whether it's a factsheet on how to navigate challenging interview questions, a podcast on building better workplace relationships or a video on how to build a more resilient mindset, Resilient Me has workers covered. Content is updated regularly so as to remain current with national and global events. Key features of the platform include:

- Individual member access
- Over 300 fact sheets, podcasts, videos on a range of mental health, wellbeing and career topic areas
- Resilient Me Program: Comprehensive digital resilience strengthening program comprising 15-minute online learning across the 6 core areas of building resilience
- Accelerate Job Seeking Program: Comprehensive digital job seeking program comprising of six online modules as well as homework activities, guided by a Resilia Rehabilitation Consultant
- Tailored embedding activities to be completed by the participants in between coaching sessions (as directed by the Resilia Rehabilitation Consultant)
- The 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 for them



Videos



Podcasts



E-Learning



Factsheets



Action Plans



Support



Resilient Me Program

Resilient Me is an education program specifically designed to strengthen personal resilience, enhance recovery and prevent relapse when it comes to psychological injury and poor mental health. Drawing on over 20 years of research into workplace stress by the Centre for Corporate Health and 10 years of best-practice rehabilitation methodologies from Resilia, this program supports individuals to build capabilities and achieve desired return to work outcomes. This evidence-based program built on the foundations of positive psychology, coupled with the robust facilitation by one of our qualified psychological rehabilitation consultants, sees participants experience meaningful and lasting self-directed behaviour change.



Accelerate Job Seeking Program

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. 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.

Content topic categories covered on the platform

No matter where a worker is in their recovery journey, the Resilient Me Digital Platform has a wealth of resources to support them where they are at. Content is featured across the below categories:

- Wellbeing
- Mental Health
- Emotions
- Relationships
- Work
- Physical Health
- Goals & Habits
- Finances