The Resilient Mind integrates training, engagement, support & opportunities to practice resilience building skills.

**TRAINING**
7 Weekly Group Training/Engagement Sessions (90 min.)
- Learn
- Speak and be heard
- Listen and empathize
- Engage

**PRACTICE**
Weekly Assignments (2, 15 min e-learning lessons)
- Video series
- Social media platform for check-ins
- Dashboard for private journaling & tracking progress in goals

**ENGAGEMENT**
Weekly Group Activities (30 min. per week)
- Journal in confidential dashboard & receive feedback from mentor
- Do one telephone check-in with teammate each week (answer questions with each other)

**SUPPORT**
One-On-One Mentoring
- Via text/phone/video conference

www.theresilientmind.life