

Course Guide



**RESILIENCE
BUILDERS**

eResilience

**an online wellbeing and
performance program**



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We all know that life can be unpredictable – and sometimes really tough – but by incorporating practical and effective strategies (**we call these ‘Tools for Tough Times’**) - we can make these difficult moments more manageable.

What is eResilience?

eResilience is an online self-paced wellbeing program, designed and developed by the team at Resilience Builders - alongside a team of experts.

The program delivers meaningful course content in an engaging way and is backed by some seriously robust scientific evidence.

Throughout the course, you will learn how to incorporate strategies for building resilience into your daily life, and you will have access to a range of resources and tools to help you stay on track and achieve your goals.

FREE for regional Victorians in eligible LGA's*

About the program...

- **5 Modules**
- **Self-paced**
- **Resilience360** - assessments to measure your progress
- **FREE for eligible regional Victorians**
- **Funded** by the Victorian Government Department of Health
- **Post Module Activity Guides** - to reinforce your learning



Why should I complete the course?

Resilience helps people manage stress, reduce anxiety and increase productivity.

Building your resilience will give you the best shot at bouncing back from the inevitable difficulties of life, and allow you to thrive in the face of uncertainty and change.

FREE for eligible Victorians!

The past few years have been incredibly challenging for so many people, and regional Victorians are no exception.

That's why the Victorian Government are providing **funded access** to the eResilience course for up to 2,500 regional Victorians across 27 eligible Local Government Areas (LGA's).

➤ See page 4 for a list of eligible LGA's

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» Course Overview

Module 1

Discovering Resilience

- > What is resilience?
- > Understanding discomfort
- > Tools for Tough Times
- > How to form good habits

Module 2

Resilience and Physical Health

- > How movement, sleep and nutrition build resilience
- > The benefits of exercise on physical and mental health
- > The benefits of good sleep patterns

Module 3

Emotional Resilience

- > Visualisation and mental thoughts
- > Meditation and Mindfulness
- > Learn your character strengths
- > Mental strategies to build great habits and achieve goals

Module 4

Social Resilience

- > Building positive social connections
- > Trust and how to build it
- > Psychological Safety
- > The power of vulnerability
- > High-performing teams

Module 5

Spiritual Resilience

- > Understanding spiritual resilience
- > Altruism and serving others
- > How gratitude, compassion and kindness help us flourish
- > The power of selflessness

Additional Support

- > Three Resilience360 Self-Assessments
- > Post Module Activity Guides
- > Recommended Reading Guides





How do I access the course?

Eligible LGA's

Live or work in the below LGA's? You are currently eligible to access eResilience for free*.

- Alpine Shire
- Ararat Rural City
- Bass Coast Shire
- Benalla Rural City
- Buloke Shire
- Campaspe Shire
- Central Goldfields Shire
- Colac Otway Shire
- Corangamite Shire
- East Gippsland Shire
- Gannawarra Shire
- Glenelg Shire
- Hindmarsh Shire
- Latrobe City
- Loddon Shire
- Mildura Rural City
- Moira Shire
- Moyne Shire
- Northern Grampians Shire
- Pyrenees Shire
- Southern Grampians Shire
- Strathbogie Shire
- Swan Hill Rural City
- Towong Shire
- Wangaratta Rural City
- Wellington Shire
- Yarriambiack Shire

* Subject to course availability



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Let's get started!

Let's get started...

Keen to get started on your eResilience journey? That's great!

Head to our [website](#) and complete the [expression of interest form](#) (so that we can check off your eligibility for a funded course). From there, you will receive a confirmation email with all the information you need to get started!

About Resilience Builders

Resilience Builders is a leading provider of leadership, resilience and wellbeing programs across Australia. Founded by David Buttifant and Nick Farr, Resilience Builders has helped thousands of individuals and organisations build resilience, develop leadership and create high performance cultures. Their work across Australia has led to them working alongside a team of experts to create the eResilience program.



Nick Farr

Resilience Builders
co-founder and director

Nick is a Mt Everest summiteer and one of Australia's most accomplished resilience and leadership development coaches.

He's delivered resilience and leadership workshops, webinars, keynotes and outdoor programs to organisations for more than 15 years.

Nick has climbed many of the world's highest mountains and has guided more than 1,000 everyday Australians in challenging, high-altitude environments with resilience training at its core. Nick previously served as a detective with Victoria Police for 20 years.



Dr David Buttifant

Resilience Builders
co-founder and director

David has made a career building the resilience of Australia's top athletes. With a Doctorate in Exercise Physiology from Victoria University and an MBA, he has been integral in the success of Olympic gold medal-winning athletes and Australian Football League premiership-winning teams.

His resilience facilitation experience is equally impressive. He's delivered hundreds of presentations and programs to help people achieve a better version of themselves.

David lives the techniques he teaches. He shares these evidence-based techniques and strategies to make healthy habits stick. Through his personal experiences, he has helped others adapt and succeed in all aspects of life.

