

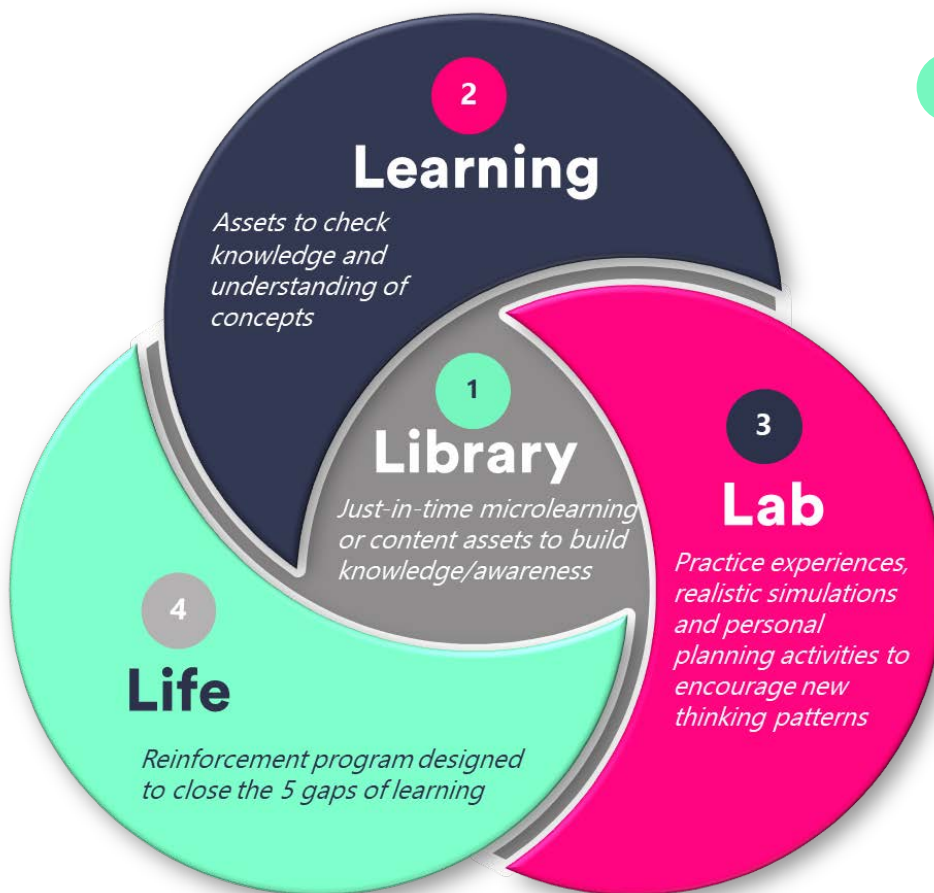
# Living a Resilient Life

## Content and Assets

Resilience is a very personal concept. One of the many dimensions of positive mental health is resilience. Teaching methods to enhance resilience signifies a move towards a prevention and strength-building model of mental health.



MCI adopts a building block approach, using a wide range of innovative modality to develop a unique and blended solution to this personal concept. This solution is customised to your specific needs and is as effective as it is practical for your organisation to roll out.



- 1 Library**
- Micros to cover the contextual, technical and process content specific to the topic.
  - Total of 10 microlearning (content) assets.

- 2 Learning**
- Self-evaluation of personal resilience using the elements of resilience as a guide.

- 3 Laboratory**
- Digital On-Demand Assets
- Immersive Virtual Reality Live Simulations
- Real-Time Facilitated sessions
- Classroom Sessions
  - Virtual Classroom Session

- 4 Life**
- 12 in 21
- A spaced-learning reinforcement program over 21 days.
- Organisations use their own technology to deploy

## The solution takes a two-pronged approach:



### 1. Building a protective shell

This is a *forward-looking* plan that nurtures and strengthens the resilience base.



### 2. Developing a capacity for resilience

This is in-the-moment capacity building, including:

- Selecting and practising personal coping techniques
- Developing tangible skills to help communicate, network and manage conflict

## Building resilience has significant and measurable benefits for organisations



Designed in **collaboration** with professionals and experts in the field



Contextualised, personal and highly **practical**



Uses our 4L Instructional Design Methodology to ensure depth and rigour to the learning solution



SCORM **compliant**, so easy to upload on existing LMS or LXP

## Resilience Microlearning Modules

### Living a Resilient Life

Element 1: Health and Wellbeing

Element 2: Connections and Support

Element 3: Self-efficacy and Self-worth

Element 4: Optimism and Perseverance

Element 5: EQ and Emotional Awareness

Element 6: Self-regulation

Element 7: Stress Management Element

Element 8: Control and Problem-solving

Element 9: Purpose and Congruence

**Get in touch with us today to discuss your learning requirements and see how we can help you!**