

*m*Resilience™ TRAINING

Targeted, practical instruction to strengthen resilience and improve effective coping with stress and trauma.

Comprehensive | Customizable | Research-focused

mRES ESSENTIALS COURSE

The mRes Essentials Course is three-hour long training for all agency staff. Sessions are conducted on-site or virtually by TIAG instructors, with onsite classes limited to 25-30 personnel each.

- Focuses on first responder's natural resilience, challenges of the job, and stress reactions
- Teaches specific resilience-building skills and strategies
- Encourages self-awareness
- Includes practice with the mRes mobile app's suite of tools
- Provides access to additional resilience-building resources
- Customized to integrate with agency's current resources

mRES TRAINER COURSE

This two-three day course uses a train-the-trainer model to prepare agency trainers to deliver resilience training to all personnel. Conducted on-site or virtually by TIAG instructors, on-site course are limited to 25 personnel each.

- Includes in-depth "how-to-provide" the mRes Essentials training
- Teaches effective group-facilitation strategies
- Provides foundational information on building and maintaining personal resilience
- Explores the science behind the mRes tools
- Focuses on detailed use of the mRes mobile app tools and strategies
- Includes "mock training" sessions to practice presentation of materials



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