



**Overcome stress and navigate uncertainty**



**Build your resilience and take control of your stress response cycle**



**Empower your team to overcome stress, build resilience, and thrive through change**

Did you know that stress costs companies billions of dollars annually in factors like absenteeism, turnover, and decreased productivity? Resilience is the number one skill set needed today, but most of us lack the self-awareness and understanding to tackle stress effectively. Everyone has unique stressors, but most programs apply a one-size-fits all approach that only applies to a select few. What if you could build resilience in every personality on your team?

Introducing Fierce Resilience, the essential tool kit for successfully navigating change and everyday stress. With Fierce Resilience, your team will gain the tools and training to quickly respond to overwhelming events and take control of the stress response cycle.

Unlike traditional approaches that focus on toughness or avoidance, Fierce Resilience empowers individuals to proactively tackle stress by building self-awareness, understanding stress, and leveraging practical tools to address even the toughest stressors head-on.

WITHOUT FIERCE RESILIENCE	WITH FIERCE RESILIENCE
Toxic Cultures with Chronic Stress	Empowered individuals who have the self-awareness and tools to tackle stress
Resentment, negative and frustrated employees	Energized employees who are mentally fit and know how to take care of their mental health
Impacted business results – a workforce who can't handle unprecedented times	An upskilled and resilient workforce ready to mindfully navigate uncertainty

## What You'll Learn:

- Gain a new understanding of stress and resilience
- Learn proven coping methods that mitigate the impact of stress
- Leverage self-awareness to coach yourself through change

## Ways to Learn:



ILT/ VILT instructor-led training (in-person or virtual)



Integrate the new **Pulse app** technology to pinpoint stress and customize

## The Learning Journey:

- Understand Fierce Resilience
- Deep dive into your unique stressors
- Build self-awareness to beat stress and gain new skills

## The Learning Model:

- Leverage personalized stress data to gain greater awareness of how you respond to your daily activities  
\*when partnered with the Pulse by Fierce app
- Understand personal coping mechanisms
- Learn conversation strategies to build team resilience

Download our one-page guide from Chief Behavioral Science Officer Gabe De La Rosa Ph.D.'s whitepaper on the impact of stress at work.

To learn more about the **Fierce Resilience** program, simply fill out the form below and a member of our team will reach out to you with more information.