



# RESILIENCE FIRST AID™ STARTER TRAINING

Discover **Connected Resilience** with RFAST's transformative **2-hour workshop**, designed to equip you with essential tools and strategies for fostering mental well-being in yourself and others.

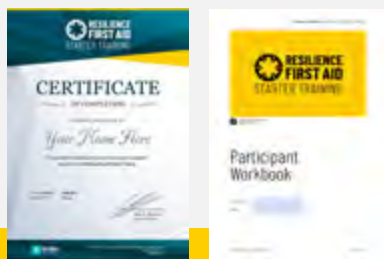
## WHY ATTEND RESILIENCE FIRST AID STARTER TRAINING (RFAST)?

Delve into the evolving world of **mental health prevention** and learn how to create a supportive environment through **psychosocial hazard awareness**.

Join us to unlock your potential in promoting resilience and embark on a journey of personal growth and empowerment for the betterment of your community, workplace, and personal life.

### Included in RFAST:

- **RFAST Participant Workbook** – Summary of the workshop content, space for notes, plus your own Active Strength analysis and personal Resilience Action Plan
- **Completion Certificate** – Useful for evidence of ongoing professional development marking 2 hours of attended training



### Training Outcomes:

By participating in RFAST's workshop, you will:

- Develop an appreciation for mental health prevention strategies
- Understand the significance of supporting resilience in others
- Enhance your ability to recognise when someone needs resilience support
- Identify your strengths and create a resilience action plan

### Curriculum Overview:

The RFAST workshop covers the following topics:

- The evolution of mental health towards prevention, emerging trends in therapies, and new approaches
- The importance of psychosocial hazard awareness and your role in promoting a healthy environment
- The concept of Connected Resilience and strategies for cultivating it
- The six resilience domains, including their highs, lows, and risk factor awareness
- Identifying your unique strengths and creating a tailored resilience action plan

### RFAST Summary:

**2-hour** workshop

Purpose:

- Preventative approach to mental health
- Develop a culture of resilience
- Psychosocial hazard awareness training
- Understand resilience & create an action plan

Open to anyone

Formats:

- **Fully online** - self-paced, start any time
- **Live** - trainer led, contact to schedule

Fees: **AU \$65** pp

Get in touch:

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Join the movement for proactive mental health.

**Expression of interest** →

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# Target Audiences:

## Broadening the Scope of Connected Resilience

RFAST is designed to benefit a diverse range of individuals and professionals who are interested in fostering resilience and promoting mental well-being in their communities, workplaces, or personal lives. The target audience includes many professions and individuals from all walks of life:

### **Educators and school staff**

Teachers, counsellors, administrators, and support staff seeking to create a supportive environment for students and colleagues

### **Healthcare professionals**

Doctors, nurses, therapists, and other healthcare providers looking to incorporate resilience-building strategies into their practice

### **Human resources and management personnel**

Managers, supervisors, and HR professionals aiming to cultivate a healthy work environment and support employee well-being

### **Community leaders and organisers**

Individuals involved in community development, social work, or non-profit organisations working towards community resilience and mental health support

### **Parents and caregivers**

Those responsible for the care and well-being of children or other family members who want to foster resilience in their loved ones

### **Public safety personnel**

First responders, law enforcement, and emergency management professionals who deal with high-stress situations and require high resilience

### **Mental health advocates**

Anyone passionate about mental health awareness, prevention, self-improvement, and personal growth

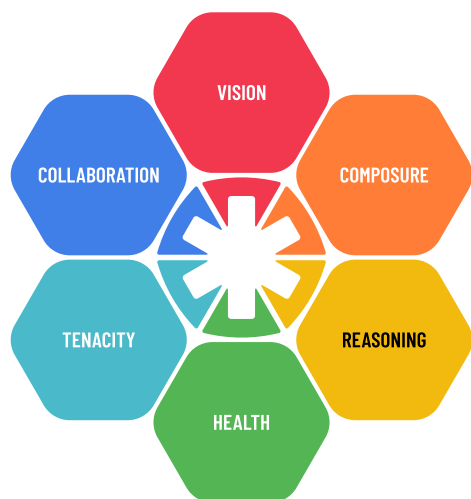
### **Associations and professional bodies**

Useful as a broad awareness training course to raise skills for professional development



RFAST offers valuable insights and practical tools for individuals from various backgrounds and professions, providing a comprehensive understanding of connected resilience and its potential for promoting mental well-being.

**Join us to learn how you can make a positive impact** in your community, organisation, or personal life by fostering resilience and proactive support.



## Course Fees

Resilience First Aid Starter Training (RFAST) is the **perfect introduction** to community resilience, as well as for those who are interested in pursuing the **full 2-day Resilience First Aid Certification**.

**AU \$65** per person

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Group bookings available.

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