



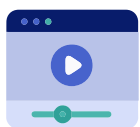
The Resilience Box® App

A fully integrated employee wellbeing App offering telehealth solutions and over 1000 pieces of wellbeing content and micro learning sessions to promote positive self-directed behaviour change.

Our wellbeing exists on a continuum that we shift along at different times in our lives, from well and thriving to stressed, distressed and then recovering. With the breadth of wellbeing content on The Resilience Box® App it is designed to tailor the user's experience to meet them where they are at on the wellbeing continuum and offer expert advice, strategies and tips for not only improving their wellbeing, but also managing the many life challenges they may be facing.

Key features

Whether it's a factsheet on how to speak with your teenager about their mental health, a podcast on managing vicarious trauma or a video on how to build a more resilient mindset, The Resilience Box® has your employees covered. Content is updated weekly so as to remain current with national and global events and telehealth counselling sessions are available to book in real-time for those organisations who use the Centre for Corporate Health as their Employee Assistance Program provider.



Videos



Podcasts



E-Learning



Factsheets



Action Plans



Telehealth

What's in the box?

All content is categorised under the six key pillars of resilience, identified through our 20 years of research:



MyLife

Life is a journey, full of ups and downs. MyLife gives you the skills, strategies, and techniques to enhance your wellbeing, so that when you're faced with life's trickier situations, like a relationship breakdown or redundancy, you'll know how to persevere until you reach calmer waters.



MyMind

Nerves, neurons, and neurotransmitters connect your brain to the rest of your body. MyMind provides you with the tools and strategies you need to fortify your brain's circuitry and develop a resilient mindset, preventing poor mental health.



MyPlan

There are plenty of things that can hold us back from reaching our goals. MyPlan is designed to help you overcome these challenges and get you on the right track for persevering with your goals and forming new positive habits.



MyEmotions

Every emotion serves a purpose in how we live our lives. MyEmotions provides insights into how your brain and body processes different emotions and helps you use your emotions to live your life based on your values and purpose.



MyBody

Your physical health and your mental health are more closely linked than you realise. MyBody is your tool kit to help you get the exercise, nutrition, sleep, and relaxation your body needs to operate at its best. Activate your willpower chemicals and take charge of your physical health.



MyRelationships

Human beings are social creatures. MyRelationships takes a deep dive into the ways we connect with others and introduces the essential building blocks for developing better relationships both inside and outside of work.

Benefits

The benefits of The Resilience Box® App are numerous:

- As an early intervention tool for those who don't feel ready to access EAP, or may feel that some self-directed learning may assist them on their wellbeing journey.
- As a bridge for people to gain clarity on the particular type of support they are looking for prior to accessing EAP. Self-directed learning is able to provide an individual insight to crystallise their presenting issue and therefore be able to feel more present when accessing EAP sessions.
- As a complement to our EAP sessions, whereby homework exercises are provided via the platform to embed learning and longstanding behaviour change.
- As a leadership tool for leaders to use a platform to discuss particular topics with their team in a safe and non-confrontational manner.
- As a HR tool to impart content en-masse in relation to critical items pertaining to mental health, resilience, and wellbeing, thereby raising awareness whilst at the same time destigmatising mental health and wellbeing.
- As an embedding tool to extend learning for any training or facilitation that CFCH conducts with employees.