



HIGH ADVERSITY RESILIENCE TRAINING

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WHY BECOME HIGH ADVERSITY RESILIENCE TRAINING (HART) CERTIFIED?

Discover a New Frontier in Resilience Training – Tailored for Those Who Face the Toughest Challenges.

The HART Certification program offers **specialized resilience skills** for professionals in emergency services, healthcare, law enforcement, military, and other high-adversity fields.

Accredited and proven, HART equips you to thrive amidst the most demanding situations.

The HART Promise:

Through HART, participants embark on a transformative journey that **goes beyond traditional resilience training**.

They develop the mental fortitude to navigate life-or-death decisions, manage high-risk situations effectively, and maintain a healthy work-life balance amidst the toughest challenges.

Beyond this, HART empowers individuals to become agents of resilience in their workplaces and communities, fostering a culture of mental strength and well-being.

What Makes HART Unique?

- **Specialized Focus** - Unlike standard resilience programs aimed at coping with everyday stress, HART delves into advanced strategies tailored for those who regularly experience scenarios that most will encounter only once in a lifetime. This makes HART ideal for professionals in emergency medicine, law enforcement, military, crisis response, and similar roles
- **Scientific Foundation** - Building in the peer-reviewed Predictive 6 Factor Resilience Model, HART integrates cutting-edge neuroscience to foster natural resilience with a published scientific foundation. This approach not only equips individuals to handle intense pressures but also lays a foundation for proactive mental health
- **Accredited Excellence** - With an accreditation by prestigious institutions like Suicide Prevention Australia, HART stands as a beacon of quality and efficacy in resilience training

HART Summary:

14-hours of training

Purpose:

- Advanced skills to deal with extreme stress
- Develop resilience to trauma through prevention
- Build a comprehensive culture of resilience
- Accredited suicide prevention training

Open to anyone

Formats:

- **Fully online** - self-paced, 12 months to complete, start any time
- **Live** - trainer led

Fees: **AU \$575** pp





WHO HART IS VALUABLE FOR

The High Adversity Resilience Training (HART) program is meticulously designed for professionals who operate in environments where stress levels are not just high, but often extreme. This specialized training is ideal for:

Fire, Rescue, and Emergency Services

Those who often are the first responders to crises, facing danger and uncertainty head-on to support their local communities

Emergency Medicine

Paramedics, EMTs, and ambulance personnel who face life-and-death situations and provide critical care in the most challenging environments

Military and Armed Forces

Dedicated individuals who serve in various capacities, often in hostile and demanding environments

Healthcare Professionals

Individuals working in hospitals, clinics, and aged care who manage both the emotional and physical demands of patient care

Law Enforcement and Security

Officers and security personnel who ensure public safety, often in unpredictable and high-risk situations

Emergency Dispatch and Crisis Call Centers

Critical support staff who coordinate response efforts and provide initial contact in emergencies

Other High-Stress Professions

Including lawyers, investigators, therapists, educators, and carers who regularly deal with high-stress situations

Family and Friends of These Audiences

Learn how to support those you care about through understanding the skills they use to manage mental health



Accreditation:

The HART Certification is fully accredited and recognized by Suicide Prevention Australia, ensuring the highest standards of quality and effectiveness.

By participating in the HART program, you are not just undergoing training; you're gaining a toolkit of advanced skills to manage the unique challenges of your high-adversity profession.

A Commitment to Excellence:

*The HART program is more than just a training course; it's a **commitment to personal and professional excellence**. By joining HART, you're taking a significant step towards not only enhancing your own resilience but also **contributing to a broader cultural change in high-stress professions**.*





8 BENEFITS OF BECOMING HART CERTIFIED

1.

Enhanced Personal Resilience

Learn advanced techniques for managing extreme stress, improving your ability to handle high-pressure situations with calmness and clarity.

2.

Professional Development & Performance

HART's training helps enhance decision-making, critical thinking, and leadership skills, directly contributing to better performance in demanding work environments.

3.

Better Work-Life Balance

Gain insights into managing the unique pressures of shift work, long hours, and the emotional toll of high-stress occupations, leading to improved life satisfaction and work-life balance.

4.

Cultural Shift in the Workplace

By fostering resilience skills, HART participants can contribute to a more supportive, understanding, and resilient workplace culture.

5.

Improved Mental Health and Wellbeing

Equip yourself with strategies to prevent burnout, anxiety, depression, and other mental health challenges common in high-adversity roles.

6.

Long-Term Career Sustainability

Building resilience is key to a long, fulfilling career in high-adversity professions. HART provides the tools to maintain mental and emotional strength over time.

7.

Support for Relationships

The skills learned in HART extend beyond the workplace, aiding in maintaining and strengthening personal relationships, crucial for overall wellbeing.

8.

Community of Support

Join a network of professionals who understand the unique challenges of high-adversity jobs, offering peer support and shared learning experiences.



WHAT'S INCLUDED IN HART

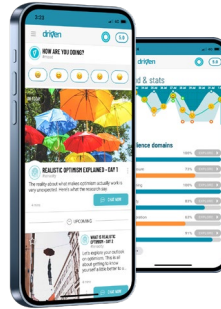
Comprehensive Package for Personal Advancement

The HART Certification is not just a training program - it's a comprehensive journey towards advanced resilience skills, providing you with extensive resources and ongoing support. Here's what's included in the certification:



14 Hours of Advanced & Accredited Training

Participate in a robust 14-hour training program, led by experienced instructors. This training encompasses a wide range of resilience-building techniques and practical applications, ensuring a deep understanding of the subject matter.



12 Months Access to the Driven Resilience App

Gain exclusive access to the Driven Resilience App for 12 months. This innovative app supports your learning journey, offering interactive features and resources to enhance your resilience skills in everyday life.



3-Year Renewable Certification

Upon completion of the training, you'll be awarded a 3-year HART Certification. This certification is renewable, demonstrating your ongoing commitment to resilience and personal development.



HART Manual with Free Shipping

Receive an in-depth full color HART manual, a valuable resource that complements your training experience. This manual is shipped directly to you at no additional cost, providing a convenient & accessible learning tool.

Includes interactive learning components that connect with the Driven Resilience App and space to complete activities in workshops.



Pre & Post Personal Resilience Insights Report

To track your progress and development, you'll receive personalized resilience insights reports both before and after the training. These reports offer a detailed view of your resilience levels, helping you understand your growth and areas for further improvement.





HIGH ADVERSITY RESILIENCE TRAINING

HART SKILLS CURRICULUM

The HART Certification Skills Curriculum is a comprehensive program specifically designed to build resilience capacity in individuals facing the unique challenges of high-adversity occupations.

Developed from leading research and expert input, the curriculum encompasses a wide range of skills and techniques that are essential for professionals in high-stress environments. The training includes the pre & post assessments through the peer-reviewed **Predictive 6 Factor Resilience Model**.



Vision

- **Enduring Motivation Through Connecting Purpose** - Learn to link your daily challenges to a greater sense of purpose, enhancing long-term motivation and perspective. Gain skills in framing challenges within a broader context, maintaining a balanced perspective in high-stress and everyday life situations



Composure

- **Brain-Balanced Breathing** - Master techniques to regulate your emotional and physical state through controlled breathing, essential in managing high-stress scenarios
- **High Adversity Reappraisal** - Develop the ability to reinterpret challenging situations, fostering a constructive mindset and emotional resilience



Reasoning

- **Sustainable Compartmenting** - Learn to manage the impact of high-stress events across different aspects of life, maintaining focus and presence
- **Optimizing Thoughts & Behaviors** - Understand and counteract common thought distortions, leading to healthier behaviors and responses to stress
- **Concrete Processing** - A specialized technique to manage the mental impact of witnessing trauma and death through work, by processing experiences with a practical mental tool



Health

- **Managing Work Hours** - Practical advice on coping with shift work and long hours, maintaining healthy sleep patterns, and integrating exercise and nutrition into a demanding schedule



Tenacity

- **Mental Load Management** - Strategies to maintain engagement and reduce risks of burnout, compassion fatigue, and both direct and vicarious trauma
- **Three Good Things** - Techniques to foster happiness and optimism through realignment of mental filters



Collaboration

- **High Adversity Humor** - Utilize humor effectively as a coping mechanism in tough situations, understanding its benefits and what to be aware of
- **Grief and Growth** - Acquire skills to handle grief and loss, both personally and in supporting others
- **High Quality Connections** - Techniques to develop stronger, more meaningful connections with co-workers, fostering a supportive and cohesive team environment
- **Strong Relationships** - Improve relationships at home through various techniques, including active-constructive responding, crucial for maintaining personal wellbeing and work-life balance



HART Research Paper – Scientific Evidence

Download and read the full **2024 HART Research Paper** to read about the scientific foundation and neuroscience foundations of HART - div.ai/hart-research



EYESTAR

Sign up now



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