



Resilience Assessment & Coaching

Supporting nurses to thrive
in challenging environments.



SPRINGBOARD TO RESILIENCE

In today's workplace, stress, burnout, and mental fatigue lead to demoralization, disengagement, and high turnover. The SpringBoard Assessment provides employees with a clear, data-driven understanding of their resilience strengths and areas for growth—so they can take action before burnout sets in.

KNOWING WHERE TO START IS THE HARDEST PART, SO WE'VE MADE IT EASY.

1

Complete a Confidential Question-AIR

AIR's questionnaire measures 16 core mental muscles across four key resilience circuits.



2

Receive a Personalized Resilience Report

Provides a clear breakdown of an individual's resilience strengths and development areas.



3

Attend a 1-on-1 Debrief with a Resilience Coach

Employees receive expert guidance on interpreting their results and taking action to build mental fitness through coaching.





Comprehensive Coaching to Help Navigate Stressful and Demanding Work.

After identifying resilience strengths and gaps through the SpringBoard Assessment, employees may be recommended Resilience InsideOut coaching.

Resilience InsideOut combines live coaching sessions with unlimited access to AIR's BrainGym. This structured training for mental fitness development helps employees develop the necessary skills to recover from stress, harness emotions, and strengthen workplace relationships. This program is ideal for those who are hoping to excel, stay and return to work.

Program Structure

The Resilience InsideOut curriculum provides personalized coaching tailored to each employee's needs.



- Reduce workplace fatigue and stress-related exhaustion.
- Develop personalized self-care and resilience-building strategies.
- Reignite motivation and focus.



- Understand and regulate emotions to make better decisions.
- Transition from reactive to intentional responses.
- Use emotions strategically for motivation and leadership effectiveness.



- Improve workplace collaboration and team cohesion.
- Develop boundary-setting and conflict resolution skills.
- Foster an environment of psychological safety and trust.



Why Choose Resilience InsideOut Coaching?

What do Participants Gain?

- **Tools to stay calm and focused** during demanding shifts.
- **Strategies to manage emotional overload** after difficult situations.
- **Greater confidence and control** in how you respond to workplace stress.
- **Skills to protect your energy and well-being** while continuing to do meaningful work.

Why AIR?

- **Flexible Learning:** Employees can complete modules at their own pace.
- **Research-Backed Strategies:** Each module is grounded in neuroscience.
- **Sustainable Skill Development:** Practice building skills for life.
- **Enterprise Integration:** Works seamlessly alongside AIR's leadership development and wellness programs.

26%

Increased Resilience

34%

Increased Emotional Intelligence Skills

39%

Increased Mental Discipline Skills

22%

Decreased Indicators of Anxiety and Depression