



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:

- **In person** – trainer led
- **Online** – Live & trainer led



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

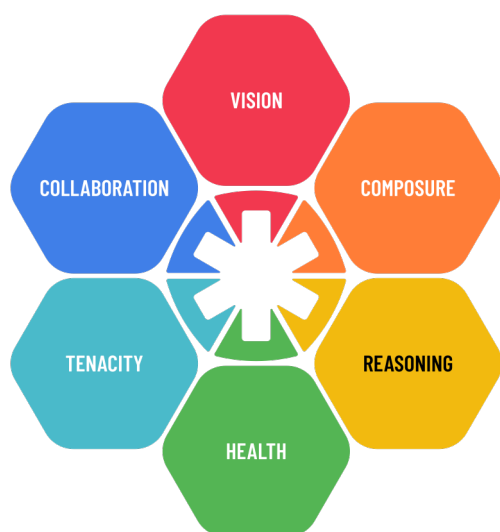
Associations and professional bodies

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.



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**.

Register now –
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