

# PRE PERSONAL RESILIENCE ESSENTIALS

Personal Resilience Essentials [PRE] Training is a 4-hour launchpad for resilience. Measure and learn 24 essential skills everyone needs to thrive in life.



## Measure & Learn 24 Essential Skills to Thrive in Life and Work

PRE Training is a four-hour, self-paced course designed to help you build resilience, boost wellbeing, and develop the vital life skills needed to handle whatever comes your way.

Combining engaging content with world-leading assessment, AI-powered coaching, and six months of ongoing micro-learning, PRE gives you the tools to stay calm, think clearly, and keep moving forward.

### What You'll Gain

- **Measure & Map Your Resilience**  
Start with the PR6 Extended (PR6E) assessment, providing a detailed, personalised resilience report across six domains and 24 essential life skills
- **Practical, Evidence-Based Skills**  
Learn how to manage stress, stay focused, recover from setbacks, and build momentum towards your goals – all grounded in the latest neuroscience and peer-reviewed research
- **AI Coaching & Ongoing Growth**  
Get instant feedback and coaching from V, your AI virtual tutor, and access six months of the Driven Resilience App for daily habit-building and reflection
- **Professional Recognition**  
Receive a certificate of completion for four hours of professional development, plus a self-study journal for ongoing reflection

### PRE Training Outcomes

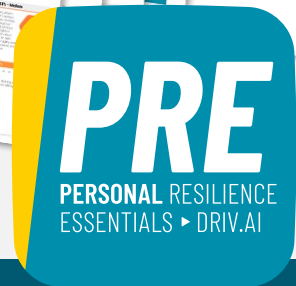
- Accurately define resilience and interpret your PR6E results
- Develop skills in emotional regulation, goal-setting, healthy habits, creative reasoning, social support, and persistence
- Apply neuroscience-based strategies for focus, motivation, and wellbeing
- Build a personalised roadmap to growth and maintain momentum through change

### Who is PRE Training For?

- Individuals seeking a science-backed pathway to personal growth
- Workplaces aiming to foster psychological safety and resilience
- HR, L&D, and HSE leaders building proactive mental health strategies
- Teams facing rapid change or high demands
- New graduates to senior executives

### What's Included?

- 4 hours of engaging, interactive training
- PR6E assessment & 18-page personalised report
- Six months' access to the Driven Resilience App
- AI-powered coaching
- Certificate & self-study journal



DATE & Time  
20th February 2026  
9am to 1pm

INGLE FARM

### PRE Summary:

4-hour program

Purpose:

- Resilience launchpad using a scientific assessment
- Discover resilience strengths and opportunities to develop
- Learn 24 skills through interactive training
- Access to 6 months of micro-learning to keep learning

Open to anyone

Formats:

Fees: AU \$235pp