Resilimy

360° Resilience

Resilience Training Academy

Previously known as iheart Facilitator Training

Elevating Mental Wellbeing and Resilience:

Join our Mission

We are an accredited academy, committed to training individuals who are enthusiastic about delivering transformative wellbeing and resilience programmes to people of all ages, empowering them to not merely survive, but thrive in life.

Overview

Welcome to the Resilience Training Academy

In a world where anxiety, stress, and burnout are escalating, the need for effective solutions has never been more crucial. Our courses are meticulously crafted to empower you to deliver innovative, impactful, and structured resilience and wellbeing programmes. As you delve into the Resilience Framework, you'll gain a profound understanding that underlies the programmes you will lead. This Framework will empower your clients to navigate challenges, deal with adversity, and find more peace of mind. You'll develop the skills and confidence to assist your clients in achieving more resilience, more of the time.

Bringing together an international cohort of like-minded people, the Resilience Training Academy will provide a profound journey of psycho-educational learning, delivered by a world-class team supporting you through theoretical, practical, and experiential methods.

If you are interested in becoming part of a fast-growing movement of coaches/facilitators delivering a proven and transformative wellbeing and resilience programme to your clients, then we would be delighted to receive your application and welcome you to the Resilience Training Academy.

Our Courses

Resilience Coaching Track or Resilience for Youth Track

Delegates must choose either the Resilience Coaching Track (adults) or the Resilience for Youth Track (age 9-16), and then choose their learning pathway.

Level 1: Resilience for Ourselves

You will be become familiar with the core theory underpinning the Resilience Framework (Level 1 - Module 1) and you will gain an in-depth grasp of the Resilient Living Programme (Level 1 - Module 2).

At the end of Level 1, you will have built a deep understanding of your innate personal resilience, learnt how to apply this understanding in many areas of your life, and recognise your potential to effectively share this work with others.

Level 2: Resilience for Others

You will gain the practical skills, resources and hands-on experience to share this programme impactfully with others (Level 2 - Module 1), and the supervision and support of our senior faculty to help you to become effective in teaching our Resilience Framework to others (Level 2 - Module 2).

At the end of Level 2, you will be an accredited and skilled Resilience Coach/ Facilitator with full access to our extensive resources for sharing with clients.

Delegates can undertake the Youth AND Adult Track over a 6-month period at a significantly discounted rate. Please apply for more information.

Additional Information

The full course (Level 1 & 2) is run over a 10-week period and involves approximately 30 hours of learning (a combination of live webinars and self-directed online learning) and 20 hours of client and practical work, focussing on working with individuals.

Is this course for me?

Whether you are an existing coach or facilitator, or you are new to this kind of work, this course is for you. All that is required is an open mind and a passion to deliver a profound and transformative programme in service of others.

Accreditation

CPD CERTIFIED
The CPD Certification Service

The Resilience Training Academy Training Course is CPD certified.

Transformative Framework

You will become skilled in delivering the **Resilience Framework**, a profound and innovative understanding that forms the basis for the programme you will be delivering. The Framework will help you and your clients access more resilience, more of the time, giving the confidence to navigate life with greater ease and peace of mind.

Learning Journey

Level 1

Module 1

- Overview of the course and the Resilience Training Academy
- Detailed exploration of the Resilience Framework through self-directed learning
- Self-assessment and deeper interactive sessions

Module 2

- In-depth exploration of all eight Resilient Living Programme sessions
- Guidance on using all supporting resources
- Delivery practice with peers

Level 2

Module 1

- Coaching practice clients through the programme
- Interactive sessions to hone delivery skills and optimise client impact
- Access to extensive teaching/coaching resources via online portal.

Module 2

- Review of practice client work through supervised mentoring from faculty
- Optional weekly professional development and learning sessions
- Resilience Coaching Certification

Resilience Coaching

Adult Delivery

Structured Course

Each of our courses provide a carefully structured, self-contained, resource-rich offering. You will learn how to deliver our wellbeing resilience programmes and make use of all the materials and digital resources which will supplement the learning. This will enable your clients to navigate challenges in all aspects of their lives including anxiety, overwhelm, self-image, and relationships.

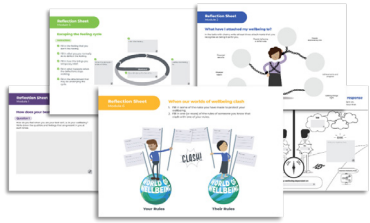
Resilient Living Programme Outline

Module 1	Welcome to 360 Resilience - a new way to activate resilience
Module 2	Attachments and what they mean for wellbeing
Module 3	The perfect mind - why we think, feel and behave the way we do
Module 4	Cracking the code of stress and burnout
Module 5	Activating resilience when facing challenges
Module 6	Navigating the minefield of relationships
Module 7	Breaking cycles of conflict and unhealthy dynamics
Module 8	How labels limit self-confidence and damage rapport

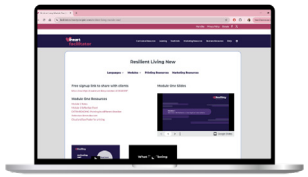
Course Materials

Slides

Workbooks



Worksheets



Resource Portal

Resilience Coaching for Youth

Youth Delivery

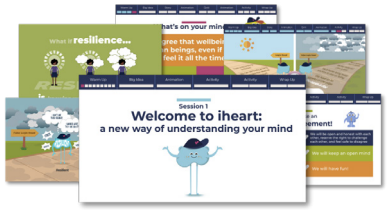
Structured Course

Each of our courses provide a carefully structured, self-contained, resource-rich offering. You will learn how to deliver our wellbeing resilience programmes and make use of all the materials and digital resources which will supplement the learning. This will empower young people to navigate challenges in all aspects of their lives including anxiety, overwhelm, self-image, and relationships.

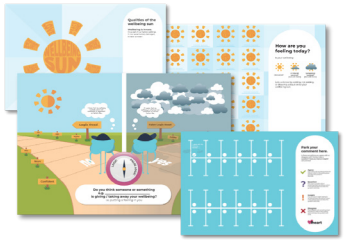
Resilience & Wellbeing Programme

Session 1	Welcome to iheart: a new way of understanding your mind
Session 2	We have everything we need inside
Session 3	Our psychological system is an intelligent systm
Session 4	Exploring why we think, feel, and behave the way we do
Session 5	Can we think differently and still get along?
Session 6	I feel stressed and anxious, and can't stop overthinking
Session 7	Wellbeing is your constant companion
Session 8	Dealing with negative feelings confidently
Session 9	Help! I'm being bullied/can't control my anger
Session 10	Labels are for jars, not for people

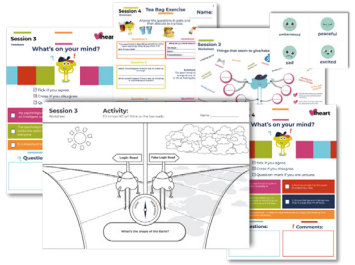
Course Materials



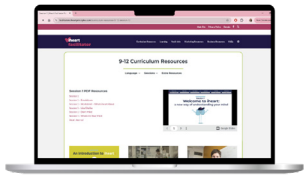
Slides



Posters & Resources



Worksheets



Resource Portal

Join a community of Resilience Coaches

On completion of the course, you will be joining a global community of trained coaches and facilitators. You will be able to share ideas, learning, best practice, and gain valuable input in how to develop and grow as a facilitator.

Level 2: Focus on Practice

One of the most effective ways to develop your skills to deliver a programme with impact is through practice. You will therefore work with at least two practice clients, and will be supported by highly experienced trainers who will provide you with valuable supervision, feedback and support.

Following completion of Level 2, you will be able to:

- Communicate a profound underlying philosophy and framework that is transformative and impactful.
- Expertly deliver full **Resilience Programmes** in a manner that supports and nurtures your clients.
- Access and utilise the broad range of supplementary resources to support the learning journey of your clients.

Learning Approaches

- Live online webinars
- Self-guided online learning
- Reading & accessible resources
- Delivery demonstrations
- Delivery practice
- Online breakout groups

Academy Faculty

Our senior training faculty comprises an outstanding blend of educators, authors, thought leaders, and pioneers in the field of wellbeing and resilience. They will ensure you are educated to the very highest standards and that you are fully equipped to deliver programmes that profoundly and positively impact your clients.

Terry Rubenstein

Head of Training & Content

The co-founder of **Resilimy** and **iheart** (the non-profit organisation focussed on working with young people), Terry is responsible for authoring and designing all programmes and training courses. For almost two decades, Terry has taught and impacted countless people through her uplifting trainings, writings, podcasts and talks, and has emerged as a profound voice and thought leader in the field of resilience and mental wellbeing. She is the author of the amazon.com bestseller, 'Exquisite Mind', which tells the true story of her journey from years of suffering to mental wellness.

John Scott

Head of Creative & Lead Trainer

John brings almost ten years' experience in powerfully delivering **iheart** and **Resilimy** programmes across a wide range of settings and audiences, from young people to business leaders, Academy football players to school teachers. Having previously had a successful career in agency and design, John is also the strategic and creative mastermind behind all of the innovative animations, drawings and design that feature in our courses, digital products, resource materials and branding.

Debbie Fisher

Senior Trainer

Having been involved in the development and delivery of our trainings and programmes since the earliest stages, Debbie has delivered more wellbeing and resilience courses to more people than anyone else around. Hugely passionate about this 'transformational work', as Debbie herself describes it, she has honed a particular expertise in working within organisational and business environments, as well as one-to-one resilience coaching of individual clients.

Course Dates

Summer 2026 Training

Welcome:	21st June 2026
Level 1 - Module 1:	21st June – 1st July 2026
Level 1 - Module 2:	5th July – 14th July 2026
Level 2 - Module 1:	15th July – 19th July 2026
Level 2 - Module 2:	26th August – 16th September 2026

Course Fees & Early Bird Discounts

Training Level & Certification	Full Price	Early Bird Discount
Resilience Coaching Adult Delivery	**£3,450**	Enquire for price and deadline.
Resilience Coaching for Youth Youth Delivery	**£3,450**	Enquire for price and deadline.

The license fee to access all materials and resources, plus enrolment on to the CPD programme is £300 per annum.

Payment plans available upon request.

Next steps

To find out more and to apply for the Resilience Training Course, please email or call using the details below.

Email	brian@resilimy.com
Call	(+44) 20 8912 1216
Visit	www.resilimy.com

Resilimy

360° Resilience