



Nationally accredited **2-day (14 hour) program** that certifies you in the skills and tools in **Neural Resilience**, brain mechanics, identifying functional features of mental fitness and responding with conversations of care.



## WHY RESILIENCE FIRST AID (RFA)?

Rather than waiting until people need professional treatment, we can start supporting each other to connect and build mental wellness proactively. We need to take a **preventative approach** to mental health to protect against mental illness such as depression and anxiety.

### Curriculum Overview:

The RFA workshop covers the following topics:

- Understanding the concept of resilience
- The fundamental neuroscience of resilience, establishing a practical approach through understanding the brain
- The six resilience domains, including their highs, lows, and risk factor awareness
- Identifying your unique strengths and creating a tailored resilience action plan
- Understanding the ALL protocol in assisting wellbeing in others

### RFA Summary:

**2-day program (14 hours)**

Delivered in person by Master Trainer herself Maria Ruberto

**\$1,295.00** per person

### PURPOSE:

- Invite a first-aid approach to resilience and the preventative applications required ahead of adversity
- Take a neuroscience journey into the foundations of resilience to understand the “why” of behaviours
- Adopt the ALL protocol to apply conversations of care and the language used to construct this with confidence

### PROSPECTIVE 2024 DATES:

22<sup>nd</sup> & 23<sup>rd</sup> July | 3<sup>rd</sup> & 4<sup>th</sup> Sept | 10<sup>th</sup> & 11<sup>th</sup> *and* 15<sup>th</sup> & 16<sup>th</sup> Oct | 28<sup>th</sup> & 29<sup>th</sup> Nov

Resilience First Aid (RFA) as a mental health certification teaches you **strength-based skills** to build resilience in others. You will learn how to spot signs of low resilience, learn language to talk proactively, and skills that build resilience.

### Included in RFA:

- RFA Participant Workbook – summary of the workshop content, space for notes
- RFA Responder Kit – physical resources to facilitate conversations
- Resilience app – 12mth subscription
- Certification Certificate – valid for 3 years
- PR6 Resilience Report – your own report outlining your resilience strengths
- Surprise Goodie Bag!



Join the movement for proactive mental health.

Register, Enquire or Express your Interest: [admin@salutegenics.com.au](mailto:admin@salutegenics.com.au) or 9374 2949





Salutegenics  
presents

# Parent Workshop

## Understanding Resilience

### Sessions

Monday 3<sup>rd</sup> June 2024

7pm – 9pm

(registration, tea/coffee & light supper  
from 6.30pm)

\$65.00

Clocktower Centre  
Moonee Ponds

In this 2 hour Parent Workshop:  
**Understanding Resilience**, we will explore  
the principles of resilience and how we can  
help our children develop this vital skill;  
advancing despite adversity.

We will discuss dysregulation, the RESET  
button, anxiety, and the concept of  
how brains are shaped by our experiences.

*As part of this workshop, you will receive a  
comprehensive workbook packed with practical  
strategies and insights, valuable resources to  
enhance your knowledge and a certificate of  
attendance upon completion.*

*Don't miss out on this opportunity to enrich your  
skills and knowledge.*

**Register Now**

### Sessions

Tuesday 18<sup>th</sup> June 2024

7pm – 9pm

(registration, tea/coffee & light supper  
from 6.30pm)

\$65.00

NEC Hangar  
Tullamarine

**For further information or  
to register for your preferred date:**

9374 2949

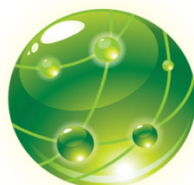
[admin@salutegenics.com.au](mailto:admin@salutegenics.com.au)

[www.salutegenics.com.au](http://www.salutegenics.com.au)

*Maria Ruberto is a Psychologist and  
Founder & Director of Salutegenics.*

*With over 30 years of clinical  
experience, consultant to  
hellodriven.com, Beyond Blue and  
reachout.com.*

*Maria is a research partner to  
Southern Cross University and  
Swinburne University and co-designer  
of Resilience First Aid – nationally  
accredited resilience program*



salutegenics  
psychology

National Mind Health Consultants