

# ★ THE ROAD TO ★ RESILIENCE



MINDSET ★ PERFORMANCE ★ RESILIENCE

# TIME CRITICAL PERFORMANCE SOLUTIONS

★ Utilized by over 100,000  
first responders nationwide

★ Clinically trialed by FEMA and  
the National Institutes of Health



## WHAT WE DO

The Road to Resilience program develops a mindset that facilitates high-performance routines and encourages sustainable, daily behavior change.



## HOW IT WORKS

Our program provides character standards and implements a team-driven process that ensures consistent accountability in alignment with those standards.



## OUTCOMES

By facilitating greater awareness and adaptation, our program equips participants with the tools to master their moments, leading to enhanced performance and resilience.



**Live & Virtual Workshop Delivery**



# WE DELIVER NFPA 1550 BEHAVIORAL HEALTH ELEMENTS:



## RESILIENCE SELF-ASSESSMENT

We deliver a validated user-rated assessment of stress coping ability based on concepts of hardiness, adaptation, and stress endurance. We collect and analyze department data for a Program Manager report and provide individual feedback to firefighters



## MEMBER TRAINING

Includes understanding of clinically-proven three-step behavior change practice, intro to the stress response, performance enhancement techniques (visualization, positive self-talk, breathing & goal setting) and situational awareness application



## PEER SUPPORT TEAM TRAINING

Includes material for Peer Support Team Member (PSTM) to reinforce and advance core concepts of a resilient mindset. Also includes basic counseling training tactics that empower PSTM to facilitate constructive conversations that drive behavior change.



[www.theroadtoresilience.com](http://www.theroadtoresilience.com)  
[www.thefirsttwenty.org](http://www.thefirsttwenty.org)

## CONTACT

For more information & pricing  
contact David Wurtzel:  
[dave@thefirsttwenty.org](mailto:dave@thefirsttwenty.org)

