

★ 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



★ TACTICAL



We deliver NFPA 1550 Behavioral Health Elements:

1

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

2

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

3

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.



★ SPORT



Program delivery system:

1

ONBOARDING WORKSHOP

Jumpstart resilience clinics introduce participants to core ideology, program process, and provide three weeks of exercises to GET ON THE ROAD.

2

VIRTUAL SUPPORT

Weekly instruction and insight with a live trainer on our CORE4 tools of Breathing Visualization, Positive Self-Talk deepening program engagement.

3

ENGAGEMENT SYSTEM

Participants are supported on the program through weekly emails, texts, podcasts, and a robust social media engagement strategy clinically proven in government and university trials.



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www.theroadtoresilience.com
www.thefirsttwenty.org

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