Personal Resilience Indicator (PRI)

What is Resilience and Why Measure It?

Resilience is our ability to positively adapt and bounce back from life's challenges through mental, emotional and behavioural flexibility. Measuring resilience provides a gauge of our capacity to navigate adversity and thrive in an ever-changing world. The Personal Resilience Indicator (PRI) is a cutting-edge instrument, precision-engineered to guide and accelerate personal development and enhance mental wellbeing.

The latest neuroscience in a single assessment

Science-Based

The PRI distills more than three decades of neuroscience and psychology research into one integrated assessment. Crafted by a dedicated team of experts, (including neuroscientists, psychologists, executive coaches, therapists, and corporate trainers) the PRI offers a practical and insightful approach to understanding brain health.

Development-Focused

The PRI offers a tangible measure of progress, functioning as a structured guide to facilitate, expedite, and assess personal growth. Whether you embark on one-on-one coaching journeys, group training, or corporate mental wellbeing programs, the PRI becomes a trusted ally in tracking and elevating the development process.

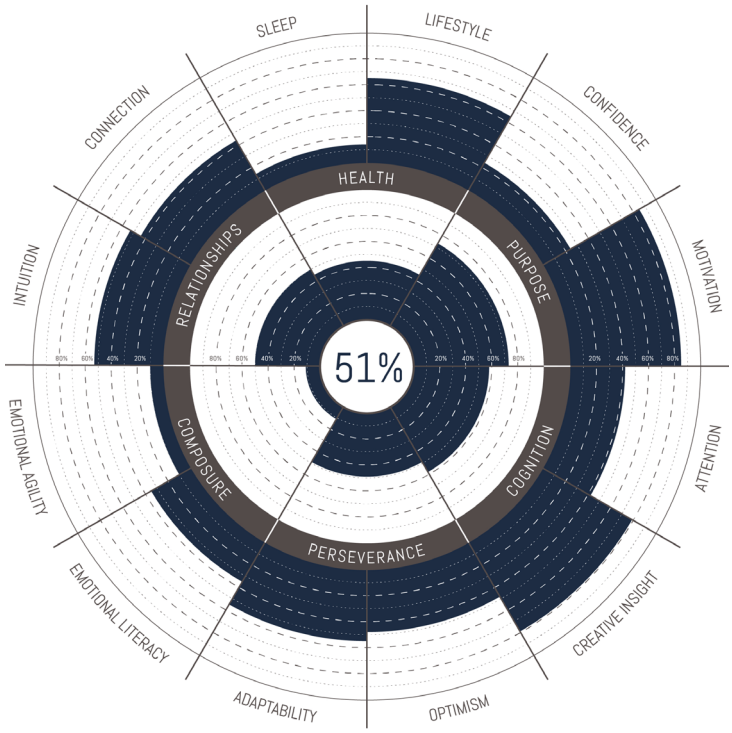
Insight-Driven

The PRI provides a holistic overview of an individual's current level of resilience across six domains and twelve drivers. Each driver can be strengthened through targeted, evidence-based exercises and techniques. Our PRI report encourages meaningful, insight-driven conversations, ensuring a deep understanding and genuine commitment to the 'Why,' 'What,' and 'How' of the development journey.

Independently Validated

The PRI's credibility is bolstered by an independent, blinded analysis by an esteemed psychometric expert. Their findings highlight the PRI's exceptional psychometric properties and superior reliability over other resilience tools. This validation firmly establishes PRI as the trusted choice for enhancing personal resilience and mental wellbeing in various contexts.

The most comprehensive, scientifically-validated resilience psychometric



Health

Conscious lifestyle choices and routines that support our physical and mental wellbeing

Purpose

Sense of meaning in life and determination to pursue goals

Cognition

Resourcefulness to overcome unexpected challenges

Perseverance

Optimism and flexibility to deal with and push through setbacks

Composure

Recognising emotions and responding instead of reacting to stressful situations

Relationships

Degree of social support and connection to others

Emotional-Executive Balance

Indicator of chronic stress and HPA axis activation

PERSONAL RESILIENCE INDICATOR®

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Easy and Scalable Administration

- Online-based self-assessment
- 64 questions plus custom demographics
- Considers the past 4 weeks
- Takes 12-15 min to complete
- 8-page report with benchmarked/ normalized scores
- Debrief by a certified PRI Practitioner
- Re-test recommended after 2-4 months

Individuals

- Creates awareness of the different aspects that drive resilience
- Facilitates an in-depth understanding of own unique resilience profile
- Reveals deep insights on areas of strength and pinpoints opportunities for growth
- Identifies the shortest route to transformation
- Makes progress visible to the individual

Groups & Teams

- Increases leadership and team awareness of the drivers of resilience
- Encourages conversations on mental wellbeing in the workplace
- Identifies unique training needs that allow for targeted training design
- Makes training impact and effectiveness tangible with before and after results

Organizations

- Creates an organisational baseline to design, improve and assess the impact of (ROI) mental wellbeing training programs
- Provides internal benchmarks to identify training needs in different parts of the organisation (e.g. across departments or business units)
- Serves as organisational pulse-check to identify blind spots, create strategic wellbeing initiatives, and measure progress

Your contact to discuss the use of the Personal Resilience Indicator:

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