

# The Personal Resilience Indicator (PRI)

The latest neuroscience research in a single assessment

The most comprehensive, scientifically-validated resilience psychometric

## SCIENCE-BASED

The PRI integrates tested concepts and insights from more than 30 years of neuroscience and psychology research in a single psychometric assessment.

It brings together deep brain health expertise of neuroscientists, psychologists and molecular biologists and the practical experience of executive coaches and corporate trainers.

## INSIGHT-DRIVEN

The PRI provides a holistic picture of an individual's current level of resilience across six domains and twelve drivers, each of which can be trained with targeted, evidence-based exercises and techniques.

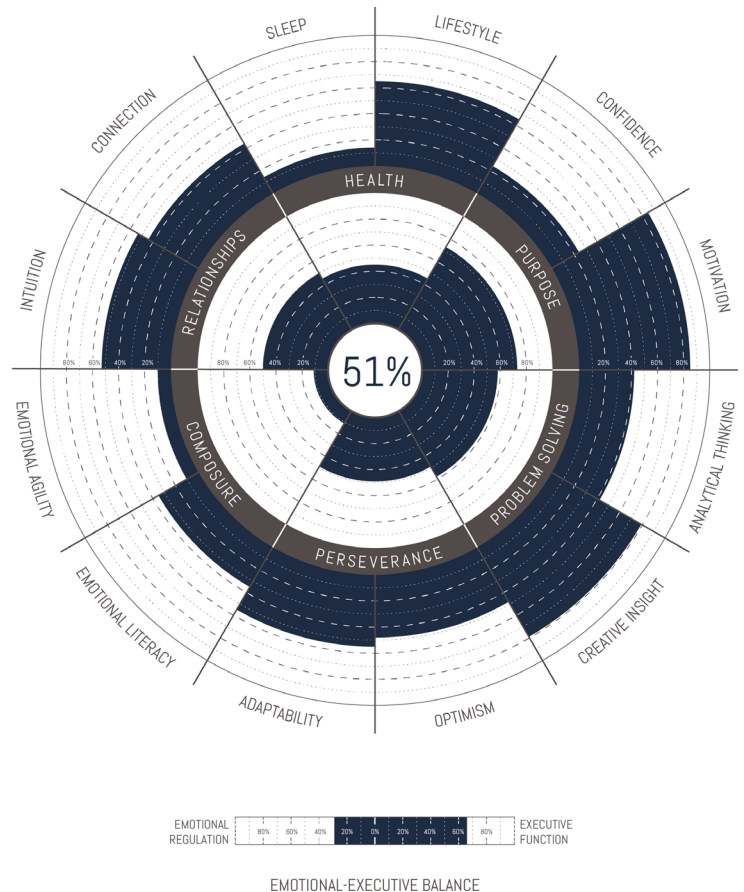
Its design facilitates deep insight-driven conversations creating strong buy-in on the why, the what and the how of the development journey.

## DEVELOPMENT-FOCUSED

The PRI makes progress visible. It serves as a roadmap to guide, accelerate and measure progress - be it in one-on-one coaching journey, group trainings or corporate mental wellbeing programs.

## INDEPENDENTLY VALIDATED

The PRI has been independently validated in a blinded analysis by an independent psychometric expert and Professor of Psychology.



### HEALTH

Lifestyle choices and routines supporting physical and mental wellbeing

### PURPOSE

Sense of meaning in life and determination to pursue goals

### PROBLEM-SOLVING

Resourcefulness to overcome unexpected challenges

### PERSEVERANCE

Optimism and flexibility to deal with and push through setbacks

### COMPOSURE

The ability to respond rather than react to stressful situations

### RELATIONSHIPS

Degree of social support and connection to others

### EMOTIONAL-EXECUTIVE BALANCE

Indicator of chronic stress and HPA axis activation



## Easy and Scalable Administration

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



### INDIVIDUALS

- Creates awareness for the different aspects that drive resilience
- Develops insights with the individuals on where to focus
- Identifies the "first domino" that unlocks transformation
- Makes progress visible for the individual



### GROUPS & TEAMS

- Increases leadership and team awareness for the drivers of resilience
- Opens up discussions around mental wellbeing in the workplace
- Provides guidance on training needs
- Makes training impact tangible with before and after results



### ORGANIZATIONS

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

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



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