



PRE

PERSONAL RESILIENCE
ESSENTIALS ▶ DRIV.AI

PRE PERSONAL RESILIENCE ESSENTIALS

Personal Resilience Essentials [PRE] Training is a 4-hour launchpad for resilience. Measure and learn 24 essential skills everyone needs to thrive in life.

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PERSONAL RESILIENCE ESSENTIALS [PRE] TRAINING

Get the evidence-based skills to stay calm, think clearly, and always advance.

PRE is a four-hour, self-paced course that measures current resilience levels, teaches **24 essential life skills**, and equips participants with an AI tutor and a micro-learning platform to keep improving long after training day.

PRE Training kicks off with a detailed resilience scientific resilience assessment, providing a highly valuable awareness everyone needs to be able to grow, beautifully mapped out through the **PR6 Extended (PR6E) Resilience Report**.



PRE Summary:

4-hour program

Purpose:

- Resilience launchpad using a scientific assessment
- Discover resilience strengths and opportunities to develop
- Learn 24 skills through interactive training
- Access to 6 months of micro-learning to keep learning

Open to anyone

Formats:

- **Fully online** - self-paced, AI-driven, start any time

Fees: **AU \$165** pp
(US \$120)

Register now:
driv.ai/pre

Contact for bulk licences –
info@hellodriven.com

PRE Training Outcomes:

On completion of the PRE Training, participants will be able to:

- **Define resilience accurately** through a scientifically validated model
- **Interpret the PR6E chart** and set targeted development goals
- **Apply 24 resilience skills** covering Vision, Composure, Reasoning, Health, Tenacity and Collaboration
- **Use neuroscience-based techniques** to regulate emotion, sharpen thinking and sustain energy
- **Build momentum** by shifting from avoidance to proactive approach motivation
- **Access the Driven App** for ongoing habit formation and progress tracking

Workplaces will gain:

- A workforce with **higher psychological safety and lower burnout risk**
- **Aggregated team-level insight reports** pinpointing systemic strengths and hazards (deidentified)
- **A common language** that makes wellbeing conversations practical
- **Build a culture of resilience** that protects staff mental health through improved personal sustainability
- **Skills to manage** rapid global and technological changes

Included in PRE Training:



Resilience Launchpad

- 4 Hours of science-backed training through a peer-reviewed resilience framework
- Engaging content with interactive activities to build personal resilience



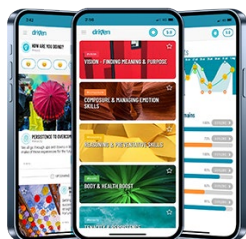
PR6E Resilience Assessment & Report

- Benchmark resilience across 6 domains, 24 skills and 4 predictive momentum indicators
- 18-page report with strengths, growth areas and practical suggestions



V – Your AI virtual tutor

- Instant hyper-personalised coaching and real-time feedback on activities. Ask questions to expand understanding
- Included in the self-paced format



Driven Resilience App

- 6 Months FREE access to continue building resilience through daily micro-learning
- Expands PRE training impact beyond the initial four hours to make a lasting change



Certificate of Completion

- Confirmation of 4 hours of professional development on completion
- Includes self-study journal (self-paced version) with activity for ongoing reflection

Essential Learning:

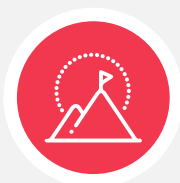
Learn through engaging content exploring important ideas to create curiosity and build skills.

- **A roadmap for growth** - See exactly how resilient you are right now, and how to build each of the 24 essential skills for life and work
- **Clear mind, strong focus** - Learn how to manage stress, shift mindset, and recover from setbacks
- **Better health, energy, and relationships** - Apply neuroscience-backed tools for better sleep, nutrition, exercise, and connection.
- **Momentum for your goals** - Develop self-motivation, optimism, and perseverance to move forward - even when it's tough
- **Confidence in uncertainty** - Navigate change with clarity, curiosity and calm, no matter what life throws your way



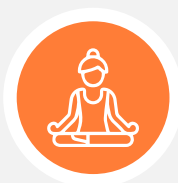
PRE Training Curriculum:

Learn 24 essential life skills across the 6 domains of resilience, explained in PRE and expanded on through daily micro-learning. After the initial assessment, participants learn how they scored on each skill and how to advance from there. The final part of PRE works towards building momentum for the future, using the predictive indicators measured through the assessment.



Vision Domain

- Live in Alignment
- Strengthen Your Sense of Purpose
- Set Meaningful Goals
- Focus on Priorities



Composure Domain

- Build Emotional Awareness.
- Enable Emotional Regulation
- Maintain a Balanced Perspective
- Develop Mindfulness



Reasoning Domain

- Prevent Problems Proactively
- Unlock Creative Ingenuity
- Develop Personal Insight
- Become More Agile



Tenacity Domain

- Grow Through Setbacks
- Sustain Motivation
- Cultivate Realistic Optimism
- Practise Steady Persistence



Collaboration Domain

- Access and Provide Support
- Enhance Social Connection
- Foster Affinity and Team Spirit
- Mentor Relationships



Health Domain

- Adopt a Resilient Mindsets
- Create Healthy Sleep Patterns
- Maintain Exercise Habits
- Optimise Your Nutrition



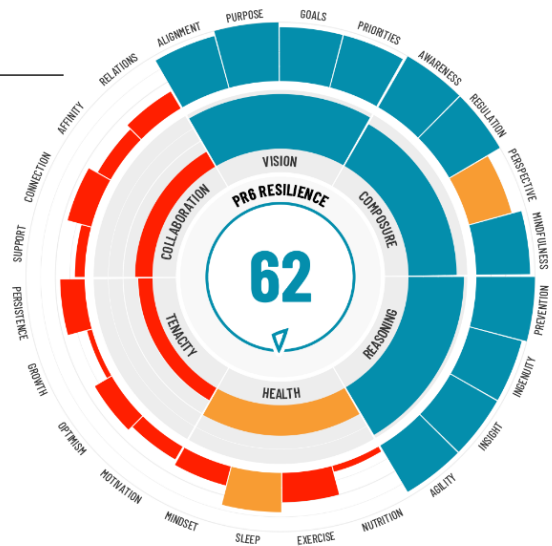
Assessment

PRE Training includes the PR6E (Predictive 6 Factor Resilience Extended Assessment) – an advanced assessment that delivers a comprehensive, personalised map of resilience across 6 domains, 24 critical skills, and 4 predictive indicators of future resilience trajectory.

Scientifically Validated

- Based on the well-established PR6 model backed by peer-reviewed research and used in university studies worldwide
- Built on the PR6-50, providing high reliability with a Cronbach's alpha of 0.94, delivering trusted results

Receive a full, visually engaging report showing scores across all domains, skills, and predictive indicators – with plain-language interpretations, development guidance, and coaching prompts.



Who is PRE Training for?

PRE Training puts together the prerequisite skills for life - essential skill everyone needs to thrive.

- **Workplaces** wanting to provide the best for their people
- **Teams** experiencing rapid change or high demands
- **HR, L&D and HSE** leaders building a proactive mental-health strategy
- **New graduates** to senior executives - PRE is designed for every level and every industry
- **Individuals** seeking a reliable, science-backed path to personal growth

PRE sets a new standard in resilience assessment and training, combining years of science and experience.

- **Evidence matters** - Built on peer-reviewed research with transparent psychometrics
- **Scalable** - From ten people to ten thousand, completely self-paced and mobile-friendly
- **Engaging** - High-quality visuals, relatable examples and instant AI coaching keep completion rates high
- **Actionable** - Participants leave with a concrete plan and an app that turns insight into daily habit

Course Fees:

Start immediately, 6 months to complete.

\$165 pp AUD incl GST
\$120 USD

To start, register here:

driv.ai/prestart

Contact for invoicing or bulk bookings:

info@hellodriven.com

