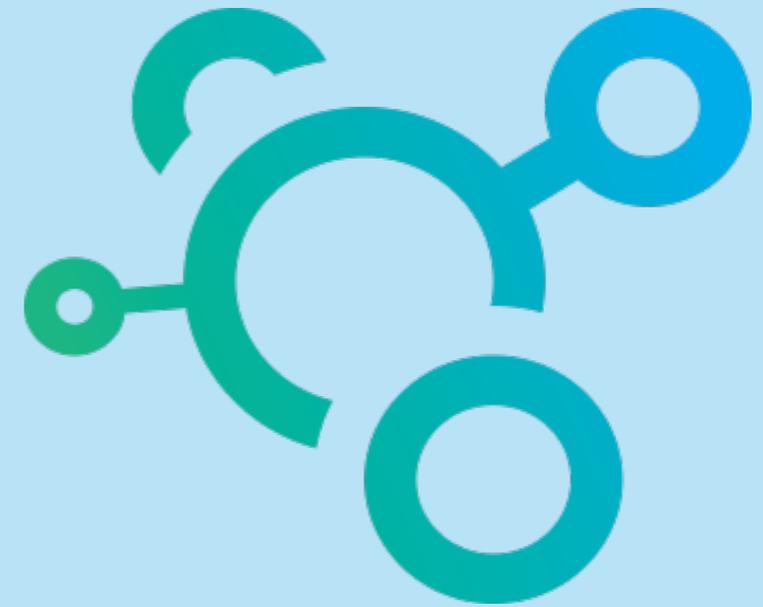


Resilience for a **better** life.

# The Wheel of Resilience



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# Resilience - a paradigm shift

Hi, I am Jackie Kinley

I'm the lead Faculty at AIR

I am really excited to share with you what's I believe it the first real breakthrough in mental fitness. AIR programs are the first to be solidly based on leading edge neuroscience. It is an exciting new way to stretch and strengthen your brain.

The concept of Resilience really allows for a radically new way to think about Mental health and fitness.

*It will revolutionize the way we think about and develop Brain Power.*

Old ways of thinking focused on disorder. We focus on function. Resilience is a capacity.

That's where stress comes in. AIR leverages the most recent brain science. Stress excites us. For a long time that has been considered bad. And to be avoided. But now we know - when appropriately introduced and managed, stress can strengthen.

*Stress excites us!*

At AIR is harness that excitation in the service of growth!

Resilience for a **better** life.



# The Wheel of Resilience

A model of resilience that encompasses 4 core domains (personal effectiveness, emotional intelligence, interpersonal competence, and perspective) and 16 subdomains of functioning.

The scale is synthetic, novel and not derivative.

With the integration of theoretical models in mind, AIR created a valid and reliable measure that could assess resilience (i.e., psychological capacity in terms of mental fitness) at the individual, group/team, and organizational level.

To assess individual capacity in each domain to target training efforts, the Functional Resilience Question-AIR (FRQ) was developed.