

# Are you looking for outcomes like these for you or your team?

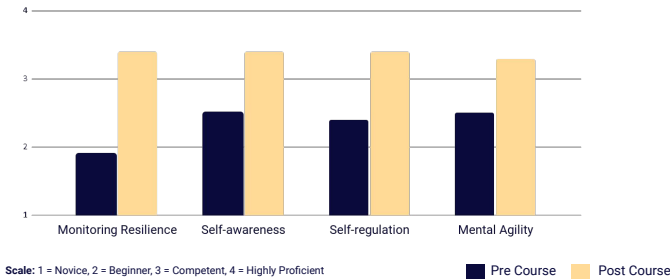


## PARTICIPANT STATS



## RESILIENCE CAPABILITY UPLIFT

From Beginner to Competent/Proficient in all areas!



"Well worth the investment in time, 30 mins in the morning, then applying it to real life through the day, then 30 mins in the evening is all it took."

**Simon Clark**  
Regional Sales Manager - UK

"I think some concepts will be in my mindset forever. The activities are interesting and easy to follow. The examples and explanations are really good."

**Hernan Villarreal**  
Product Manager - Argentina

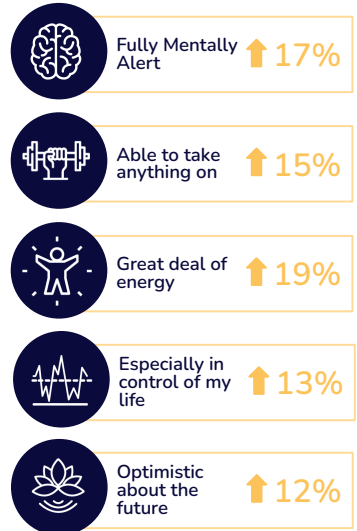
"The course was excellent. Brings thought, emotions, behaviours into the where are we at now (current state) in a structured way and what we should focus on in the future. All the tool kits were excellent. the way you ran this course felt like it was NOT run remotely because we got personal attention."

**Geoff Baber**  
CMS Operations Manager - Australia

"I never experienced anything better than this kind of platform. I will definitely use all that I have learned into my professional and private life."

**Yves Van Ester**  
Business Development Analyst - Belgium

## WELLBEING UPLIFT



I would strongly recommend! **96%**

[www.ripen.be/resilience-online-course](http://www.ripen.be/resilience-online-course)

"From knowledge transfer to tool use, from sharing discussions to timely feedback, from the limited time of 7 days to long-term self-testing, this course is different from the traditional model of online training. With this continuous positive state, I will face unknown challenges, both at work and in life, by reviewing resilience and actively using tools."

**Rocky Geng**  
General Manager - China

"Great course that everyone should go for during this pandemic time. Through the course activities, we were able to reflect and apply the tools immediately."

**Julia Lee**  
Global BD Support - Singapore