

The world's first  
psychometric tool and  
survey to measure resilience  
and its impact on wellbeing



## Wraw Accreditation

Deliver resilience and wellbeing solutions with measurable ROI

Wellbeing and resilience are fundamental to the health and success of every organisation. No longer a nice to have, they lie at the heart of the strategic agenda.

Wraw Accreditation gives you the knowledge and skill to meet this high priority need. Deliver targeted wellbeing and resilience coaching and training programmes, and support individuals, teams and leaders to thrive.

There are two levels of accreditation:

### Certified Practitioner

Become an accredited resilience and wellbeing coach

- Run Wraw psychometric assessments for individuals, teams and leaders
- Track changes in wellbeing to demonstrate ROI
- Deliver resilience coaching debriefs to individuals and teams
- Apply highly effective tools and techniques to support resilience and wellbeing
- Use a gold standard framework to support an organisation's wellbeing strategy

### Master Practitioner

Deliver comprehensive resilience and wellbeing solutions

- Access all the learning of the Certified Practitioner training
- Confidently deliver resilience and wellbeing workshops for individuals, teams and leaders
- Access a full suite of training materials
- Tailor materials to target interventions for maximum ROI
- Call upon a dedicated mentor for support and guidance
- Deliver wellbeing solutions that result in real business impact

**“I am so grateful for you all – this has given me new hope in humanity at work.”**

**Ann Louise Tisdale-Ramos, MBA**, Senior Manager, Talent Development, Envision

# Wraw Solutions

A comprehensive approach to lasting resilience and wellbeing

## The 5 Pillars of Resilience

At the heart of Wraw are the 5 Pillars of Resilience. A robustly validated, evidence-based model, the 5 Pillars give a holistic overview of physical, emotional, mental and social resilience.



**ENERGY:** Sustain and renew physical energy

**FUTURE FOCUS:** Have a clear sense of purpose and direction

**INNER DRIVE:** Maintain self-belief, confidence and motivation

**FLEXIBLE THINKING:** Develop an adaptable, open and optimistic mindset

**STRONG RELATIONSHIPS:** Build open and trusting networks of support

## The Wraw Psychometric

The Wraw psychometric tool and survey gives access to a full suite of reports on the current levels of resilience and wellbeing of individuals, teams, leaders and the whole organisation. With clarity into strengths and areas of development you can tailor wellbeing programmes for maximum ROI and empower individuals to take proactive control of their own resilience and wellbeing.

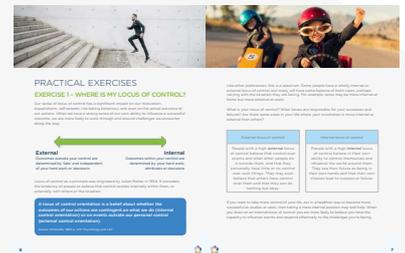
**“With Wraw I engage with employees on a much deeper level, building achievable action plans to increase resilience and wellbeing.”**

Samantha Evans, Senior Director, Kelly Services



## Wraw 5 Pillar Toolkits

Wraw 5 Pillar Toolkits combine theory and science with practical tools, techniques and action plans to empower working people to take proactive control of their wellbeing in their own time.



## Wraw Workshops

Developed by leading experts in resilience, Wraw workshops draw on validated models from a broad range of disciplines. These highly engaging, interactive sessions are supported by a full suite of toolkits, slides, facilitator notes and handouts. You have everything you need to get started from day one.



### Resilient You

Take ownership of your resilience and wellbeing



### Resilient Teams

Build high performing teams



### Resilient Leaders

Lead the way for healthy high performance



Trusted by leading organisations around the world.

To find out more, contact [info@thewellbeingproject.co.uk](mailto:info@thewellbeingproject.co.uk)

TheWellbeingProject®