

# Extreme Resilience

**A Breakthrough Online Programme on the Science  
and Psychology of Resilience**



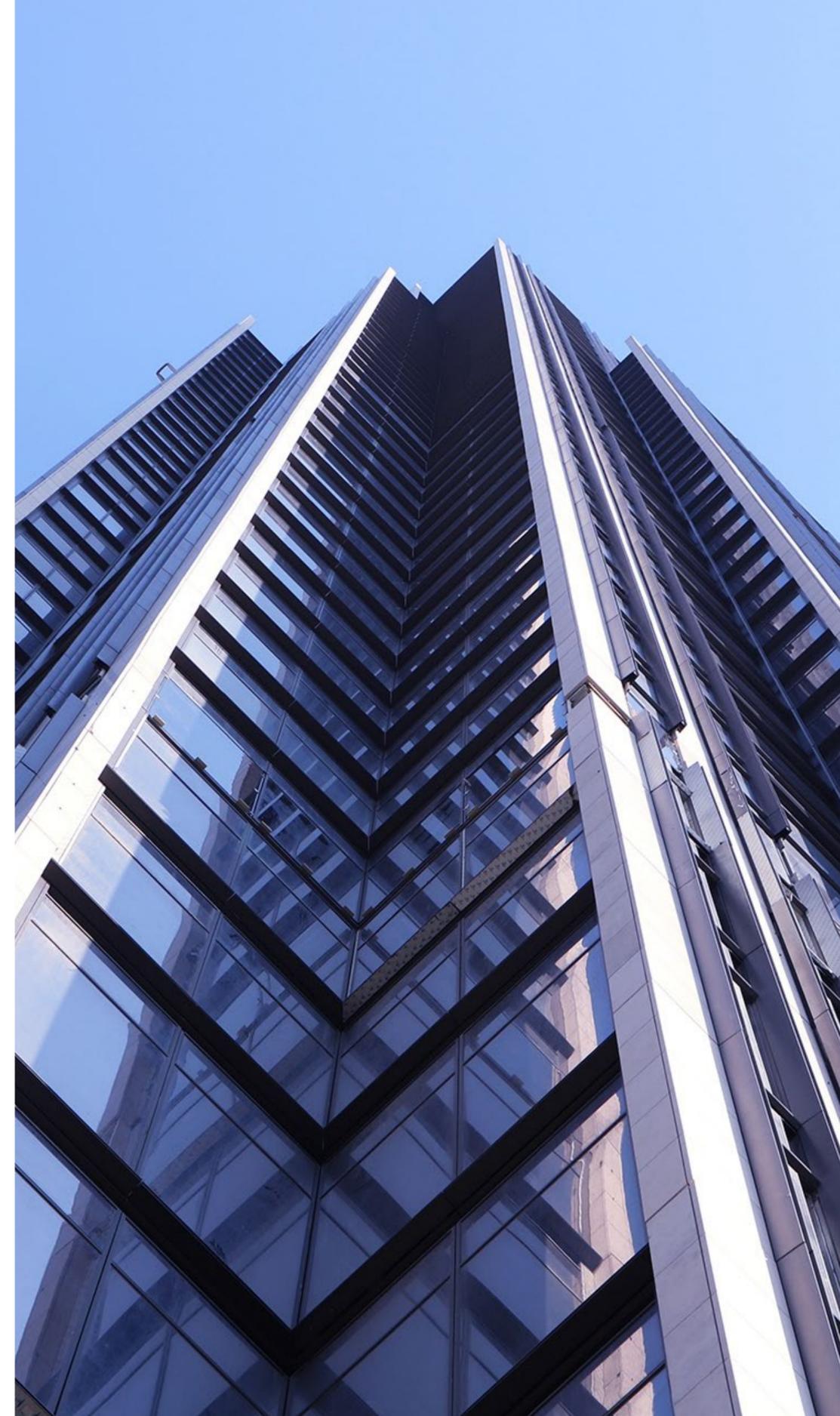
**BROUGHT TO YOU BY**



# What We Deliver

Extreme Resilience is an online programme designed to help leaders, teams and organisations build resilience and perform in adversity.

- **Created by our team of world-class leaders and associates, Extreme Resilience is built on material that can be easily accessed and digested by anyone, anywhere, anytime.**
- **We also deliver live resilience surgeries and 1-2-1 e-coaching to support your employees during these difficult and challenging times.**
- **Whatever your organisational needs, the Extreme Leaders help you as leaders, as individuals, and in your teams, to maintain physical, emotional and mental resilience.**
- **The skills you learn will play not just to periods of uncertainty and isolation like we're currently experiencing: they will enable you to perform to the highest standard throughout your career and beyond.**
- **Extreme Resilience is a tested methodology that has supported high performing teams and organisations from elite sport, the military and the business world for decades.**



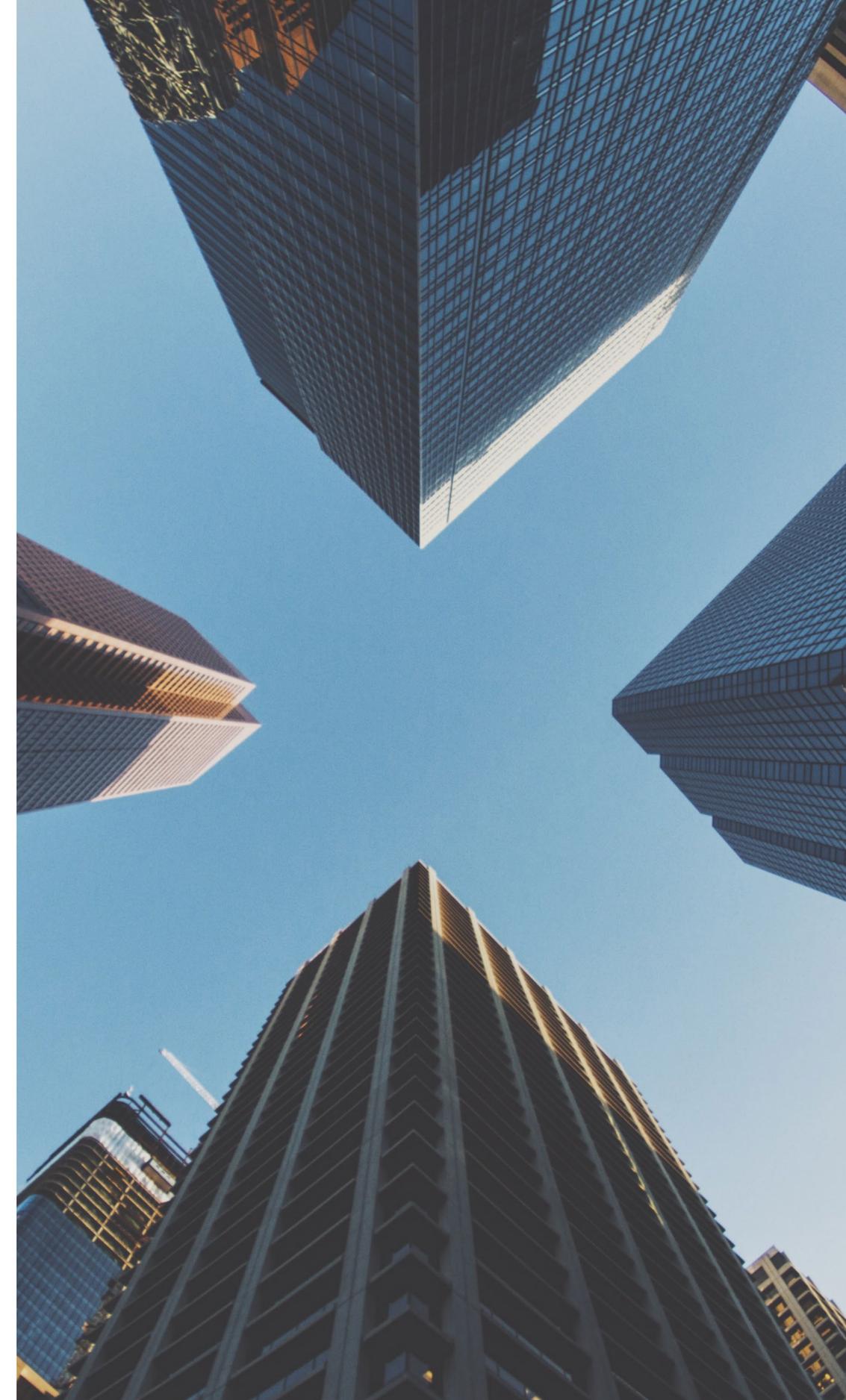
# Who are the Extreme Leaders?

The Extreme Leaders are an exceptional group of high achievers. Inspiring, compassionate and highly skilled, they help individuals and teams learn the physical, emotional and practical aspects of resilience.

Each Extreme Leader has achieved an extraordinary level of knowledge and expertise in the science and psychology of resilience. They've amassed this knowledge in sport, business, on polar expeditions and in the military, where they've led teams, under intense pressure, in harsh and complex environments.

Now, as an award-winning delivery team, they serve business and the wider community by passing on this knowledge and enabling others to discover reserves of emotional and physical resilience, they didn't believe they possessed.

The Extreme Resilience programme is proven to change mindsets, transform organisational cultures and deliver return on investment.





### **Alan Chambers MBE**

Awarded the MBE at 32 for determination and leadership in adversity and author of best selling business book "Lead Yourself to Success". Alan has conducted many polar expeditions and used his knowledge to inspire the England rugby and cricket teams to success.



### **Wayne Hoyle**

Wayne is a highly decorated former UK Special Forces Officer; he also spent a number of years serving with US SEAL Team VI. He was involved in every major conflict since the mid-80s' and combatted terrorism, insurgencies and organised crime during a career spanning more than 30 years.



### **Lewis Moody MBE**

Former England rugby captain Lewis Moody MBE will go down in history as one of England's finest and most charismatic players. Winning 71 caps during an international career spanning over a decade. Lewis has won every piece of silverware on the international stage, including the Rugby World Cup in 2003. In 2014 Lewis launched The Lewis Moody Foundation, which supports families affected by the devastating diagnosis of a brain tumour.



### **Dr. Paul Thomas**

Known as the BBC 'Business Doctor', Paul is an internationally recognised leadership expert and the author of the ground-breaking book 'Leadership from the Frontline'. Among his many achievements is a global leadership project involving 19 countries.



### **Andy McCann**

A human performance specialist and Visiting Professor at Manchester Metropolitan University, Andy works with political and business leaders, the armed forces, world leading athletes and charitable organisations. He's also a leading authority on sleep disorders.



### **Jason Fox**

A Royal Marine Commando at 16, Jason went on to join Special Forces. He's a combat swimmer, demolitions expert and jungle survival expert, as well as a successful TV presenter and co-author of 'SAS: Who Dares Wins: Leadership Secrets from the Special Forces'.

# Why Invest in Extreme Resilience?

Even in good times, organisations are under pressure to adapt to new ways of working in a rapidly changing business landscape, driven by an increasing need to reduce costs.

These challenges are even bigger now as businesses struggle to maintain productivity and strengthen leaders to navigate organisations through extreme adversity.

Resilience, a variety of skills and coping mechanisms that can be taught, is crucial to overcoming these challenges.

The benefits of resilience training are particularly relevant to populations working in high-risk and emotionally challenging environments. While all are in that position during the current pandemic, the after-effects are likely to be felt for years to come.



# What do we mean by Extreme Resilience?

We have identified three key pillars of Extreme Resilience:

Psychological

Technical

Physical

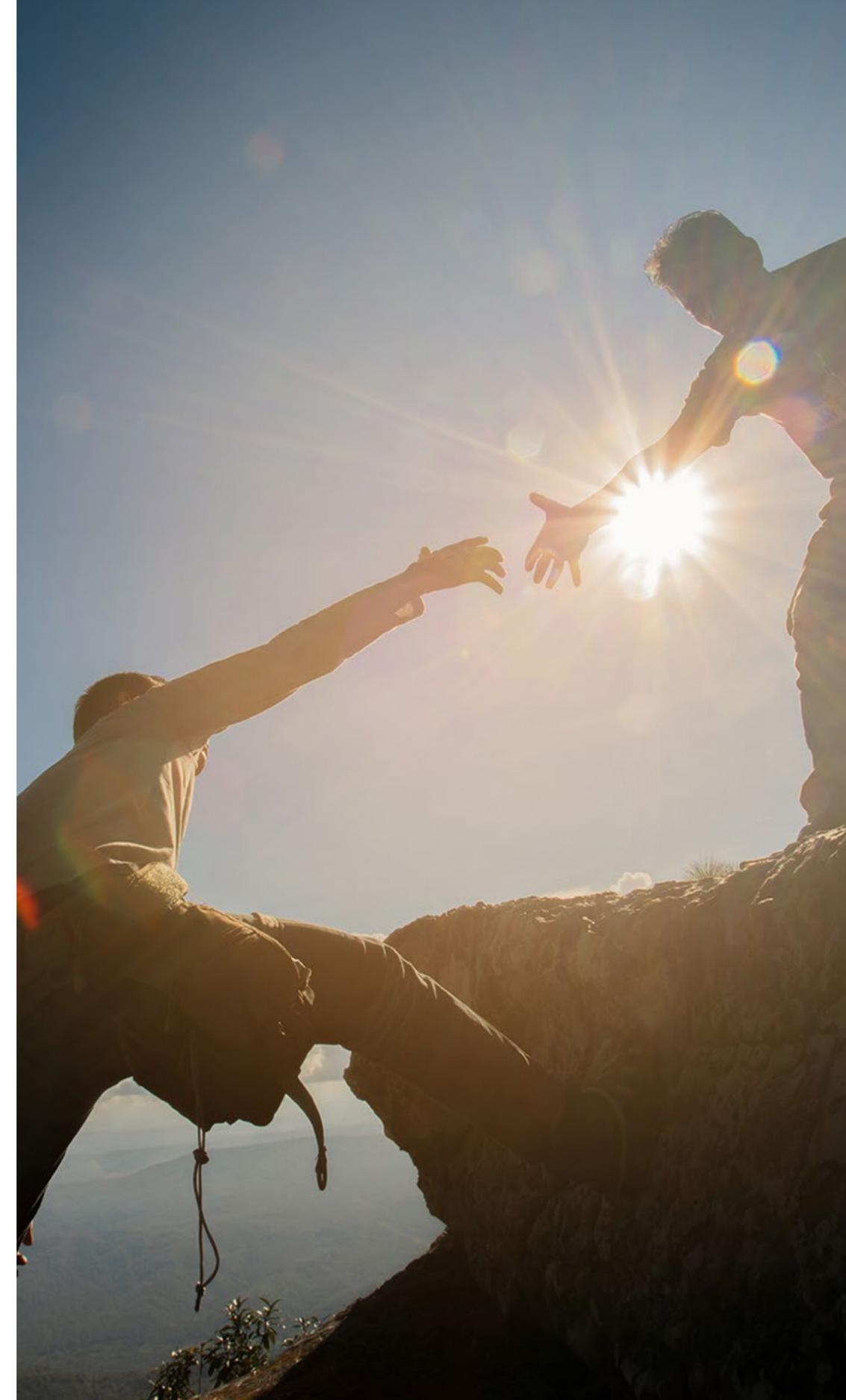
Increasing ability in any one of the pillars MAY improve performance, but a deficit in ANY will limit overall performance.

Establishing optimal balance is key. Correctly identifying what is currently limiting individuals and investing in that particular pillar WILL improve performance.

Extreme Resilience is a dynamic process. It is the capacity to resist shock and maintain performance, recover effectively and efficiently from physical and/or mental stress.

Extreme Resilience is not fixed, it is not something we have or don't have. It is situation specific, and it is only in our behaviours and actions that it can be fostered.

Above all, Extreme Resilience can be trained!

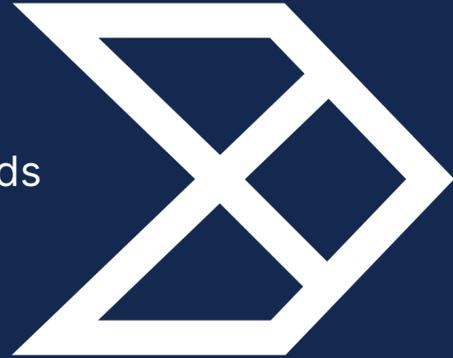


# Method: Building Extreme Resilience

An effective human performance programme is founded on Extreme Resilience.

## Discover

- Physical and psychological demands
- Individuals capacity
- Injuries or illness



## Prepare & Manage

- Current demands
- Future demands



## Deliver

- Knowledge
- Opportunity
- Support



# Delivery: Our Extreme Resilience Programme

Our **BASICS of Extreme Resilience** online programme focuses on moving between stress and strategic recovery to help build resilience and enable individuals to perform under pressure.



# Programme Outcomes:

Our Extreme Resilience programmes are proven to:

- **Promote positivity**
- **Facilitate well-being**
- **Inspire aspirational growth**
- **Provide physical and emotional protection against adversity**
- **Drive choices that serve health and well-being**
- **Challenge how individuals and teams see their work and themselves**

Through our online forums, live resilience surgeries and 1-2-1 e-coaching your teams will remain connected, engaged and supported.



# Access to Extreme Resilience

Our online packages can be tailored to suit your organisational size or structure.

In recognition that we are living through unprecedented times, our 3-month subscription to Extreme Resilience is **£100pm + VAT.**

This gives you access to:

- **Our online learning platform – live forums, quiz features, webinars, online community and assessment tools.**
- **6 x two-hour modules.**
- **12 x one-hour resilience surgeries.**
- **12 x masterclasses delivered by our world-class associates.**

**Multi-user subscription packages are also available and bespoke 1-2-1 e-coaching is available at an additional cost.**



## Contact Us

**The Extreme Leaders experience brings true transformation to your people and your business through our Extreme Resilience programmes.**



For more information on Extreme Resilience, bespoke Resilience Programmes or any of our other custom Leadership packages get in touch with The Extreme Leaders Delivery Team today:

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**+44 (0) 208 7980504****