

driven HART

FirstWatch is
the US-Exclusive
Distributor of Driven

**FIRST
WATCH**
Helping the Helpers

HIGH ADVERSITY RESILIENCE TRAINING

BUILDING RESILIENT RESPONDERS

Driven HART is a **specialized resilience program** targeted at building mental strength in workers exposed to extreme stress.

HART is targeted at the main occupational stress factors:

➤ **OPERATIONAL STRESS**

Challenges that can lead to trauma

➤ **ORGANIZATIONAL STRESS**

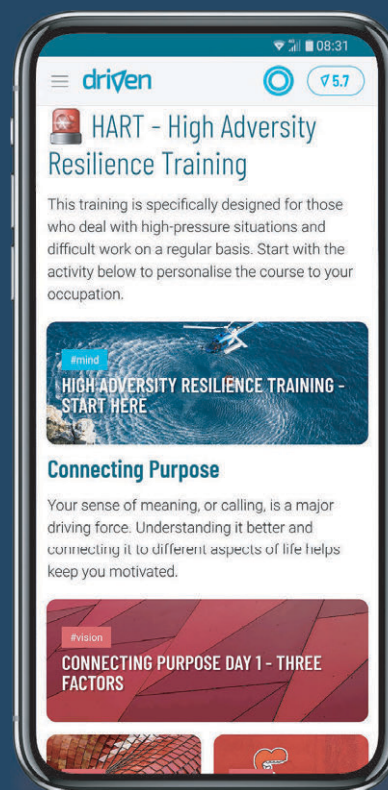
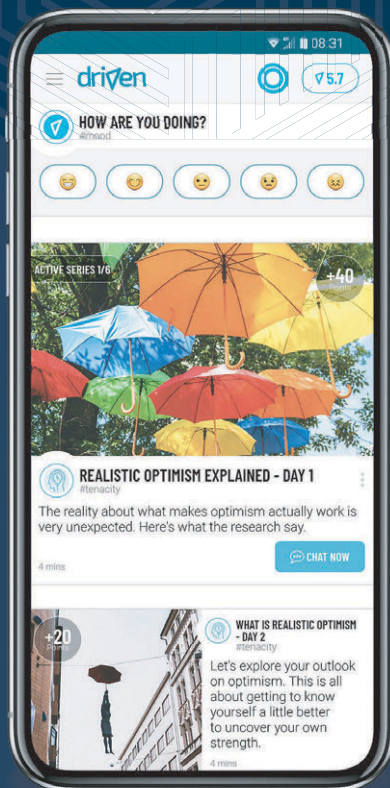
Challenges that wear down resilience capacity

➤ **RELATIONSHIP STRESS**

Effect on families that can cause isolation and loneliness

HART achieves ongoing engagement by combining in-person delivery by certified resilience coaches with Digital training through the Driven App for ongoing resilience skill development and sustainability over time in emergency services.





DRIVEN RESILIENCE APP

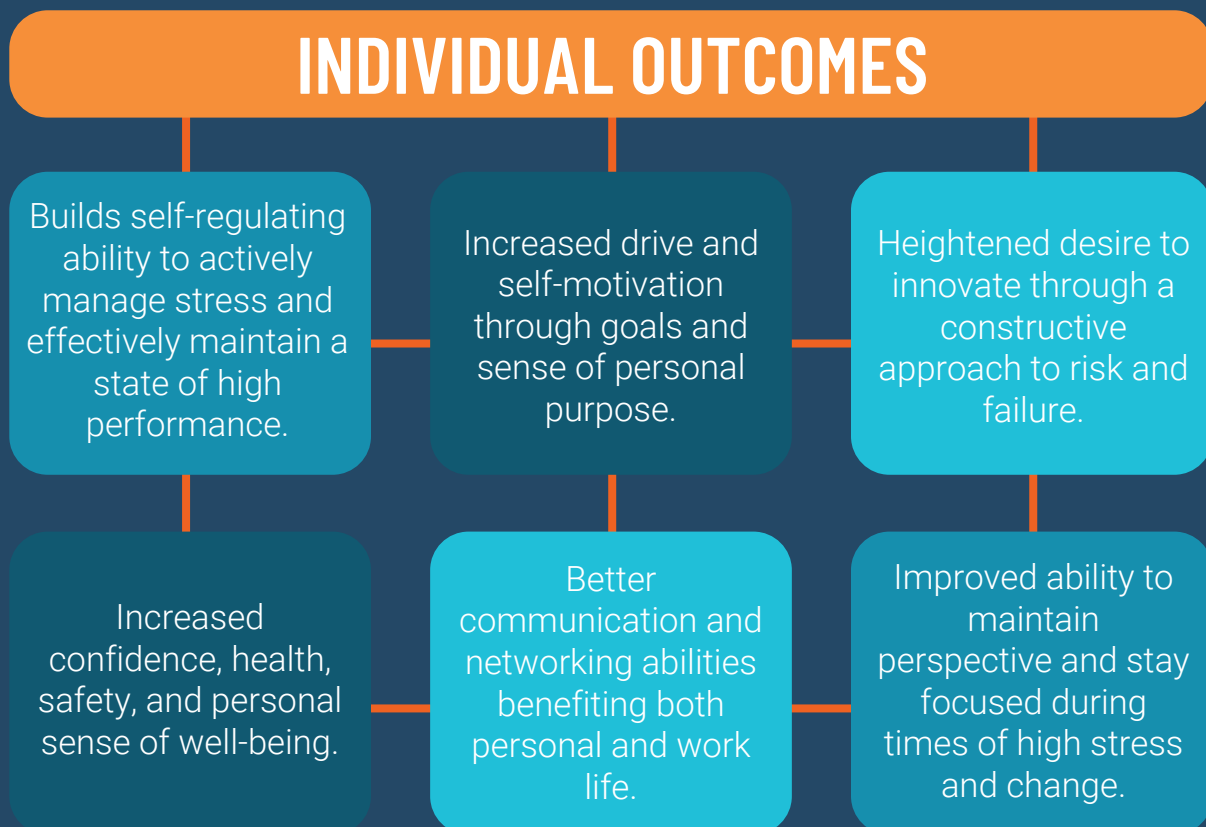
Integrating seamlessly with the HART approach, this is an AI-powered app using daily microtasks to create lasting behavioral enhancement using a neuroscience-based approach.

The Driven Resilience App provides access to hundreds of resilience-building activities, including specialized techniques that cover all the HART skills. Within that HART content, modules are tailored based on the individual's specific occupation (e.g. specific real-life examples for firefighters).

THE DRIVEN PERSONAL RESILIENCE CURRICULUM

Resilience development is achieved through six key modules, each spanning four weeks with unique chats for five days each week.

Each module includes the basic neuroscience of that resilience domain to help participants understand how their brain changes as they work through the modules and microtasks.



NEUROSCIENCE-BASED TRAINING

The Predictive 6 Factor Resilience model (PR6) alongside the training approach of Driven itself is a peer-reviewed neuroscience-based methodology to develop resilience across both mental and physical aspects of health. Our ongoing focus on scientific research brings evidence-based training and validated assessments to track meaningful improvement.

The Certified Resilience Certification (CReC)

No Prerequisite

COURSE CONTENT: Discover the neuroscience of resilience and lasting change facilitation. Each domain is explained in detail along with the content of the online training materials.

DRIVEN RESILIENCE APP ACCESS: Get free access for you with Driven, a virtual coach with AI-powered chat over 700 interactive resilience-building activities.

ABOUT THE CReC COURSE:

- Suitable for, emergency services trainers, mental health professionals, counselors, peer support providers, EAP providers and coaches
- Self-paced learning, delivered through videos and narrative-driven training
- 12 hours total - Completion certificates provided for Professional Development & Continuing Education Hours
- License to use the presentation resources and materials

High Adversity Resilience Training Certification (HART)

Prerequisite CReC

COURSE CONTENT: Training to run workshops for leaders on building a resilient culture and high adversity resilience skills for folks on the front line.

CERTIFICATION:

- Suitable for, emergency services trainers, mental health professionals, counselors, peer support providers, EAP providers and coaches
- Self-paced learning, delivered through videos and narrative-driven training
- 15 hours total - Completion certificates provided for Professional Development & Continuing Education Hours
- License to use the presentation resources and materials

HART Ambassador Course

Prerequisite – NONE

COURSE CONTENT:

- HART Skills workshop presentations (1 presentation per skill)
- Focus for individuals supporting peers & staff
- Promote a deeper knowledge about the HART program & resilience skills
- Self-paced learning, delivered through videos and narrative-driven training
- Get free access for 12 months to Driven a virtual coach with AI-powered chat