

# Welcome to our Reignite Resilience Program

Are you interested in learning about  
Relaxation and Resilience?

## Why should you value this program?

Our Reignite Resilience Program is vital in preparing a veteran for return to being a functional member of the community, and transitioning to civilian life. This programme is specifically designed for ex-members of the ADF recovering from injury from their service

## Practical Resilience – what you will learn

Practical Resilience is an interactive learning workshop that moves veterans from coping to thriving. The program introduces participants to the fundamentals of Resilience and explores five key areas:

### Managing Stress

- Tips on maintaining calm
- Developing awareness
- Resilient thinking

### Physical Wellbeing

- Sleep
- Diet
- Exercise
- Nutrition

### Strengths Based Thinking

- Resilient Thinking
- Managing Monkey Mind
- Thinking Styles
- Mindfulness and Meditation

### Resilience

- Practical tools for overcoming stress and fatigue
- Happiness and your brain

### Mastering Your Mind

- Aligning your mind and its potential
- Emotional Awareness
- Knowledge of the brain to enhance human potential
- Steps to support and overcome a challenge



#### **Your Facilitator: Jane Mahon**

Jane is owner and director of Direct Solutions Rehabilitation and Occupational Services

Jane is a qualified rehabilitation counsellor and meditation teacher, trained in both western and eastern traditions. She brings an enthusiasm and caring that comes with being passionate about her chosen field. Jane is devoted to sharing her knowledge of the benefits of mindfulness practices in cultivating emotional balance.

She has a wealth of experience in wellness consultancy, health rehabilitation and counselling. She is highly qualified to consult on the protective factors that help prevent stress and burnout at both a personal and organisational level. Jane has spent the past 20 years working as an injury management consultant. Jane has worked extensively with the Defence Forces, DVA, NSW Fire and Rescue, Insurance and Corporations.

In addition to facilitating and teaching mindfulness, Jane is a stress management coach and facilitator in resilience and career development. Jane holds a Bachelor of Health Sciences from the University of Sydney and is also a member of the Australian Society of Rehabilitation Counsellors.

*"The Resilience Program has been a tremendous help in my life. It truly has helped me to relax instead of being on edge all the time and looking or searching for the worst case scenario. Thank you"*

**Luke, Veteran who participated in the program**

**For more information,**  
Contact your consultant at Direct Solutions or  
Email us at  
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or call us on **9600 7424**