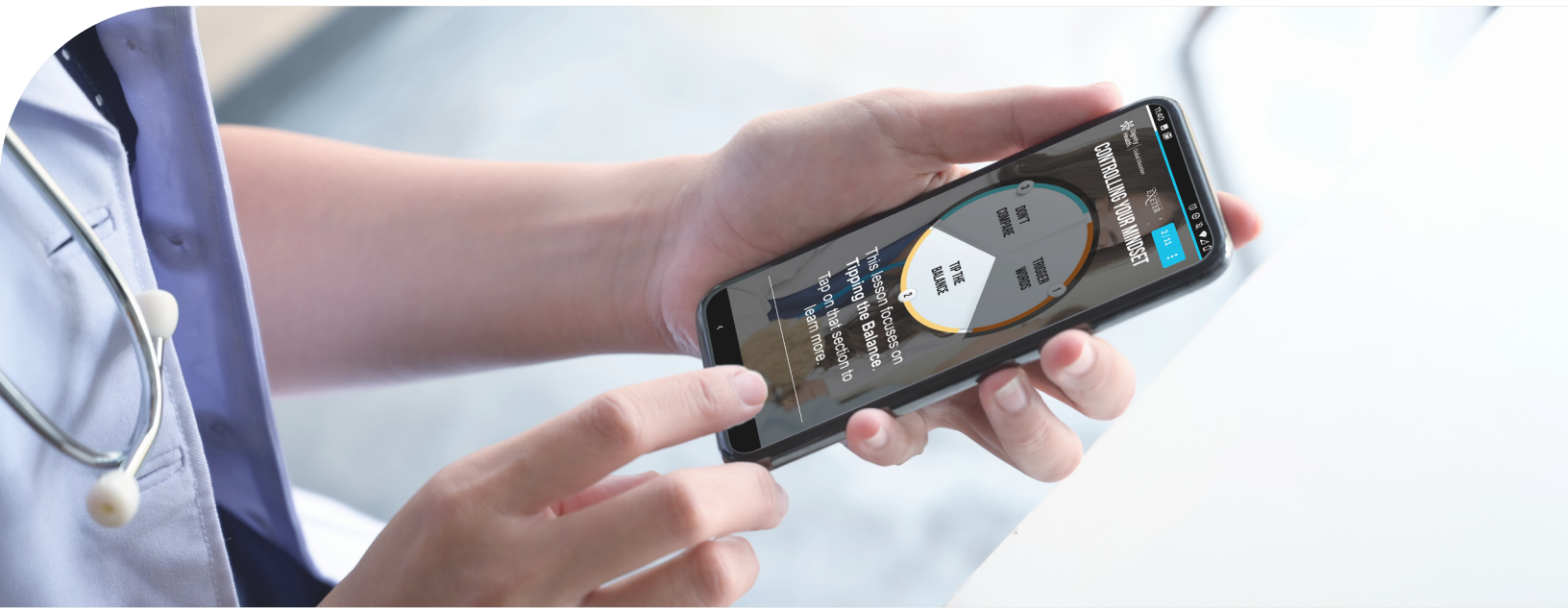# Strength to Endure Resilience Program

Helping healthcare workers and teams perform at their best when it matters most

A microlearning experience for frontline healthcare workers

Strength to Endure was created in response to COVID-19 to help support the healthcare community.

Recognizing that the same strategies used by elite athletes to endure high-pressure moments could be leveraged by healthcare workers facing immense stress, OpusVi partnered with experts at the University of Exeter, the No. 2 University for Sports Science in the UK according to the Times and Sunday Times Good University Guide 2020, to deliver a mobile app-based learning experience and help healthcare workers develop strategies to enable them to function at their best, even under the most difficult conditions.

The Strength to Endure program empowers you and teaches you how to optimize your mental and physical energy by maintaining well-being, preparing for adversity, and applying mental skills in the moment.

Why take this course?

- Build resiliency

- Increase mental toughness

- Improve self-care and well-being

- Access to downloadable resources, tools, and worksheets

- Earn 1 CEU/CME from ANCC or AMCC

The two leading experts behind this program:

Mark Wilson
MEng MSc PhD

Mark has been at the University of Exeter since 2006 and was appointed Professor of Performance Psychology in 2017, where he is currently the Director of Research for Sport and Health Sciences.

Luciana Torquati
MSc PhD

Luciana joined Exeter in 2019 as a Lecturer in Nutrition. Before this, she completed her PhD in Nutrition and Dietetics at The University of Queensland in Australia. Her thesis discussed the development and evaluation of a diet and physical activity program for nurses.

Program facts:

Duration: 1 hour
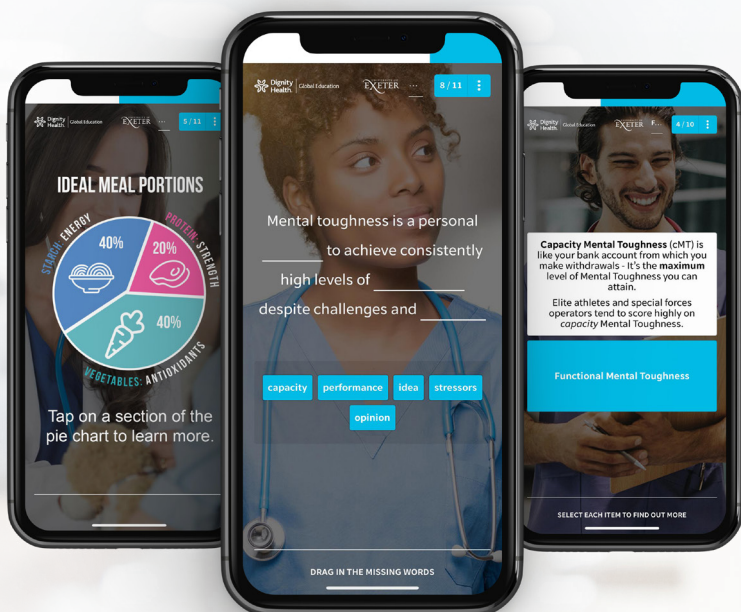learn in bite-sized pieces of a few minutes at a time, alongside a busy schedule

Delivery: Online
via EdApp, a mobile-first micro-learning platform
(on iOS and Android)

Price: Free

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opusvi.com