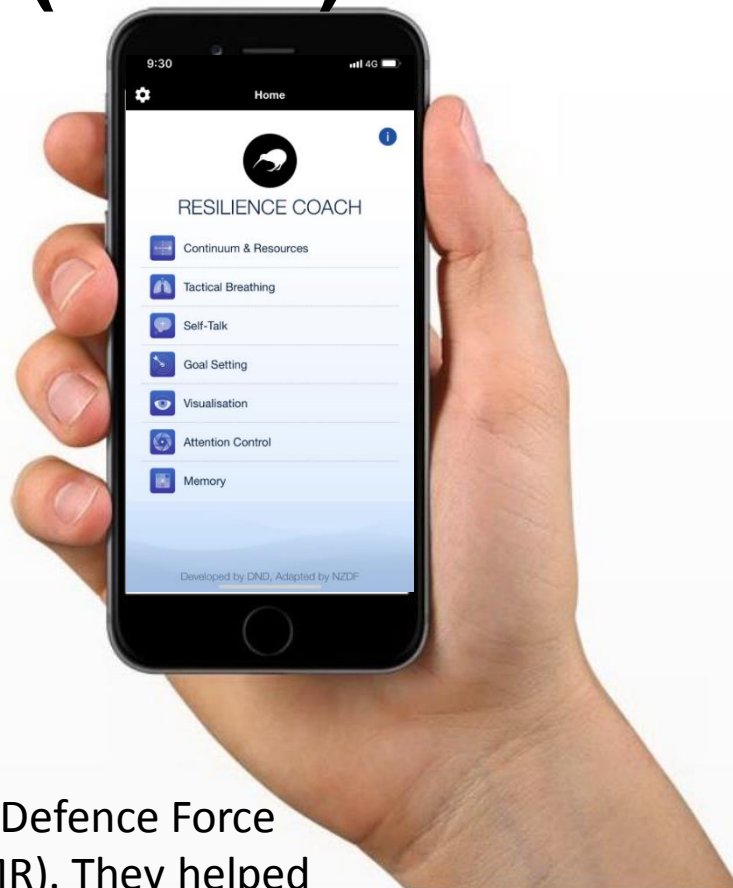


# RESILIENCE COACH APP (ResCo)

**We've just refreshed our NZDF Resilience Coach app (search NZDF ResCo).**

**The app is free to download and is available for both Android and Apple phones.**



ResCo is based on the Canadian Defence Force resilience training and App (R2MR). They helped us adapt R2MR for NZDF use at no cost.

The ResCo App includes:

- ✓ Resilience tips and Mind Tools aligned to NZDF resilience training and the Big 4  
Tip: Work out which ones work best for you and practice using them
- ✓ A Resilience Self-assessment and action plan tool
- ✓ Links to NZDF resources, support options and local support services (NZDF and broader community).

This is an NZDF approved App that you can load onto your work phone, or you can download it from the Apple and Google Play stores and share with friends and family.