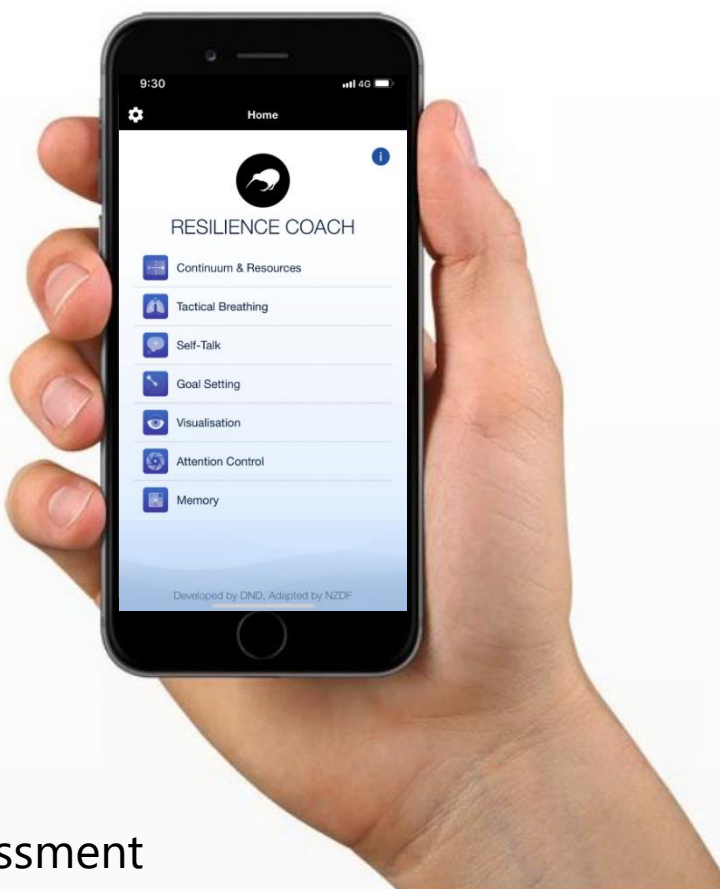




# Introducing the ResCo App – your personal Resilience Coach

Designed to support NZDF members to build mental resiliency, manage stress, and help you perform at your best wherever you go.



With ResCo you can:

- ✓ Take a resilience self-assessment
- ✓ Set goals and track your progress
- ✓ Master positive self-talk
- ✓ Build habits for resilience and success
- ✓ Find links to NZDF resources, support options and local support services

Search 'NZDF ResCo' on the App Store and Google Play. It's free to download and approved for use on NZDF phones.

**A FORCE FOR  
NEW ZEALAND**

**ResCo: The Resilience Coach in your pocket**