

At Boon, we believe that **resilience** is the best predictor of a happy, full life.



A growing body of research shows that resilience is in fact associated with longevity, lower rates of depression, and greater satisfaction with life (Harvard Health Publishing, 2017).

Adversity, stress, and negative emotions are unavoidable but, if approached with resiliency, these challenges can not only be overcome but can also transform into significant growth opportunities.

The good news is that resilience is not a personality trait that is determined at birth. Resilience involves behaviors, thoughts, and actions that can be developed.

Just like any muscle, with practice, a person's tendency for resiliency can be strengthened and contribute to a life-long growth mindset and a healthier mind and body.

How do we measure resilience?

Boon uses the Connor-Davidson Resilience Scale (CD-RISC-10) to track the resiliency of clients over time.

Clients complete the CD-RISC-10 over the course of their Boon journey: before their first coaching session in the Welcome Survey, and again every six sessions, to track progress over time.

The total score ranges from 0-40, organized by four quartiles:



In the US, the average score is 32 for the general population.

Quartile 1 0-29

Your resiliency score indicates that you could really benefit from Boon Coaching.

Setbacks, stressful events, and other curveballs that life can throw your way have the tendency to catch you off balance and, like many, you need some time to recover after these challenges.

The great news is that you can learn skills that are proven to build resiliency, boost your mood, and help you snap back from life's challenges.

Quartiles 2 & 3 30-36

Your resiliency score indicates that you could really benefit from Boon Coaching.

Some days it takes you time to recover from the difficult moments that life is throwing at you. Other days you feel like you can take on anything.

You have a solid foundation on which to build and the great news is that you can hone these skills to build resiliency, boost your mood and help you snap back from life's challenges.

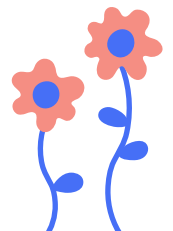
Quartile 4 37-40

You're doing great!

Your resiliency score indicates that you could benefit from Boon Coaching to strengthen your existing propensity for resiliency.

Everyone experiences setbacks, stressful events, and other curveballs that life can throw. The great news is that you can hone your existing skills to further build resiliency, boost your mood, and navigate these challenges with ease.

Boon coaches are excited to help you take charge of whatever life throws at you, personally and professionally.



Questions?

If you feel uncertain about any of this, please send a note to hello@boon-health.com to connect on next steps.