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READY Resilience Training Program

A group based training program to help people become more resilient in their everyday life.



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READY

Category

Social & Behavioural Sciences
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READY Resilience Training Program

Licensed Program Resources for Professional Use

The READY (REsilience Activities for every DaY) program is an evidence based adult resilience training intervention designed to foster psychological resilience and promote mental health.

READY is grounded in Acceptance and Commitment Therapy (ACT), a contemporary, well established variation of cognitive behavioural therapy (CBT). The program targets key psychological and behavioural processes known to protect mental wellbeing and strengthen adaptive coping across a wide range of life challenges.

Evidence Base and Applications

READY is underpinned by extensive research and has been evaluated across multiple populations and settings, including workplace stress, diabetes, cancer, multiple sclerosis, and other health conditions. Evaluations demonstrate significant improvements in resilience, psychological flexibility, wellbeing, and reductions in stress and distress, with high levels of participant acceptability and satisfaction.

The program was developed by Dr Nicola Burton and Professor Ken (Kenneth) Pakenham, with copyright owned by The University of Queensland.

Program Structure

READY was originally designed as a group based program comprising 11 modules, which can be delivered sequentially or selectively adapted for specific populations.

Modules include:

1. Introduction: The READY model of resilience
2. Physical activity: Active coping
3. Mindfulness: Being fully engaged and aware
4. Acceptance: Responding to unpleasant experiences
5. Defusion: Responding to unpleasant thoughts
6. Defusion and observer self
7. Mid program review: Activating resilience strategies
8. Social connectedness: Giving and receiving support
9. Values and meaningful action
10. Pleasurable activities and relaxation
11. Putting it all together: Planning for the future

Each module typically runs for 2–2.5 hours. When delivered weekly, the full program is completed over approximately three months, with flexibility to extend this timeframe to support deeper skill practice.

READY sessions are highly practical and experiential, incorporating:

- Guided exercises
- Psychoeducation
- Group discussions and small group work
- Individual reflection and skills practice

Delivery is recommended for registered health professionals with training and experience in Acceptance and Commitment Therapy (ACT), given the therapeutic foundations of the program.

Delivery Formats

READY has been traditionally delivered face to face in groups, with increasing evidence supporting online and digital delivery formats. Online versions are continuing to be evaluated internationally.

Licensed Resources Included

Licensed users receive access to professionally developed program materials, including:

- READY Trainer's Resource, providing guidance on session structure, facilitation, and program delivery
- READY Participant Workbook, including session content, reflective exercises, and personal planning tools
- Accompanying PowerPoint slide decks for use during delivery (English version only)
- Audio tracks of guided meditations (English version only)

Participants are supported to develop their own personalised resilience plan, enabling transfer of skills into everyday life.

Language Versions Available

READY for MS program materials are currently available in the following languages:

- English
- Italian - Participant workbook only
- Greek – coming soon

Availability of translations reflects programs that have undergone authorised development, supervision, and evaluation processes.

Licensing and Fees

General Use Licence

- Licence fee: AUD \$1,000
- Duration: 12 months
- Intended for organisations and practitioners delivering READY as a clinical, support, or wellbeing program.

Licence fees are reinvested into ongoing program development and research.

Research & Teaching Use Licence

- Available at no cost for approved research or teaching purposes only.
- Not available to clinical or support organisations (including NGO or NFP service delivery).

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Important Conditions Regarding Translations

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Individuals or organisations interested in translating the READY materials must first apply for a Research & Teaching Use Licence.

Applications must include:

- A detailed description of the proposed project
- A clear justification for the translation request
- Information about the individuals involved and their qualifications

Translation requests are subject to review and approval to ensure program fidelity, integrity, and ethical use.

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If you intend to deliver READY as a professional resilience or mental health program, please select the appropriate licence type and number of units at checkout (1 unit = 12 month licence).

Program supervision and additional support may be negotiated with the program authors where appropriate.