

Welcome to The Resilience Box®!



Your home for everything wellbeing.

The Resilience Box® is where you can strengthen your resilience through personalised online learning modules, engage with leading-edge health and wellbeing content including videos, podcast and factsheets, and make coaching and counselling appointments for you or your immediate family members. It provides you with the tools to navigate challenges and improve your mental health no matter what life throws at you.

Every piece of content falls under the six core categories of wellbeing:



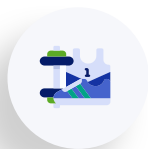
My Life

Strategies for navigating the ups and downs that life throws at you



My Plan

Building positive habits, committing to plans and setting long term goals



My Body

Positive nutrition, exercise and tackling illness



My Mind

Build positive mental health and fine tune your mindset



My Emotions

Get in control of your emotions and how they impact your life



My Relationships

Strategies for building positive relationships and navigating relationship challenges

How do I access the App?

1. Go to the App Store / Google Play and search “ResilienceBox” or scan the QR code
2. Install the App
3. Select “Register using your personal email” and **use code: SOLOTEL**
4. Enter your email and then check your inbox for your unique verification code
5. Enter the verification code into the App
6. Enter your name and mobile number, then check your text messages for your unique verification code
7. Enter your verification code into the App and select “Complete registration”
8. Complete the “getting started” activity and the initial wellbeing check-in.



Note: if you have already registered with the desktop platform, your account has been transferred across to the app. Simply login with your the email you previously registered with and wait for the verification code to be sent to your email.

Please note our Privacy Policy, Terms of Use and Privacy Collection Notice documents will be sent to you following registration. Registration details are only taken for Centre for Corporate Health’s record keeping purposes and user licensing purposes. No identifiable personal details are provided back to your organisation, in accordance with the Privacy Policy and signed contractual Terms of Use.

