



## RESILIENCE

COACHING YOU TO BE YOUR BEST WHEN IT MATTERS MOST

Magellan Federal is reimagining  
resilience and readiness

**700K+** TRAINED EVERY YEAR  
by our Cognitive Performance Coaches



### Guiding You Toward Thriving

We don't just want to help you  
bounce back from adversity, we  
want to help you grow from it.

It's not about reducing stress, it's about learning to leverage it; it's not about quick-fix skills, it's about creating meaningful change in beliefs and behavior; it's not about helping people hold on through challenging times, it's about believing people can thrive through them; it's not just about creating resilient individuals, it's also about helping leaders create more effective conditions for thriving.

### TRAINING EXPERIENCE



Army Resilience  
Directorate-Training Support

### HELPING YOU THRIVE, AT ALL LEVELS

- ✓ **LEADING SELF.** Show up authentically to all areas of your life.
- ✓ **LEADING OTHERS.** Develop the climate and conditions in the work environment that promote resilience and lead to optimized performance.
- ✓ **LEADING TEAMS.** Empower other leaders by creating an environment that helps them thrive.





## How We Do What We Do



### Training & Coaching

Our science-backed programming spans a range of needs from building a foundation for resilience, to optimizing performance, and enhancing thriving. From the inside-out, **we focus on helping people live authentically** by strengthening their sense of self and connection to purpose, mental and emotional skills, physical health habits, and social connection. From the outside-in, we focus on helping leaders develop a climate that promotes resilience and thriving.



### Group & Individual

At the group level, **our expert facilitators leverage peer learning to enhance the impact of our science-backed content**—moving from knowledge, to understanding, to application.

At the individual level, **our world-class coaches help leaders create lasting habits** that transform not only their own lives but also their team's environment and climate.



### Customized

Our human-centered methods are adaptable to your needs. We have out-of-the-box solutions for rapid implementation as well as the ability to embed a performance coach within your organization or surge a mobile training team to your location for a more thorough needs assessment. The greatest success comes from finding the approach that's right for your team or organization.



## A Closer Look At Our Focus Areas



**Spiritual.** A strong sense of self, core values and beliefs, and purpose in life to form a solid foundation.



**Social.** Meaningful relationships, sense of belonging, and cohesion.



**Mental & Emotional.** Skills to improve awareness of thoughts and emotions and increase self-regulation foundation.



**Physical.** Health and recovery principles to maximize the mind-body connection for resilience and thriving.

Interested in  
working with us?



**JON METZLER, PHD, CMPC**  
MetzlerJN@MagellanFederal.com



**JIM BATCHELDER**  
BatchelderJ@MagellanFederal.com



subscribe for more news: [mfed.info/inform](https://mfed.info/inform)

Scan here to  
learn more

