

## WHAT IS THE 49N™ MENTAL ARMOR™ ONLINE CERTIFICATION COURSE (MAOCC)?

The MAOCC is a comprehensive and interactive, web-based training program designed to increase resilience and reduce the operational stress of First Responders and others working in high-stress occupations. Participants will explore a scientific understanding of building mental resilience and learn ten practical, psychology-based skills they can begin using immediately. Through the use of dynamic content including videos, audio voice-overs and interactive checks on learning, the course culminates in a course exam and certificate of completion.



## RATIONALE

Serving as a first responder can be physically and emotionally challenging. Long hours, high demands, danger, and responding to complex and often ambiguous encounters can contribute to stress and burn-out. Research has shown that specific skills can enhance resilience and counterbalance the stressors associated with working under high operational stress. First responders who are more resilient are better equipped to handle the cognitive and emotional challenges in high operational stress environments and are also more likely to maintain an effective level of performance when facing challenges and setbacks, and return to their baseline functioning after being exposed to stressors or traumatic experiences.

## WHY 49N™?

49 North offers research-based resilience and wellbeing training that enables individuals, organizations, and communities to rise above challenges, cope with stress, view situations in new ways, and be engaged in meaningful work. We provide a simple, scientific roadmap for improving resilience and well-being. Our team is unique in its collective experience at the forefront of wellbeing and resilience training, our scientific expertise, and our decades of authentic engagement with participants. 49 North's leadership team was instrumental in implementing one of the largest well-being and resilience initiatives in the Army. Our Senior Advisor, General George Casey, then-Chief of Staff of the Army, looked for ways to prevent and mitigate the stressors Soldiers and their families were experiencing during the extended and rapid deployments post 9/11. He worked with experts to implement a resilience promotion program across the Army. Brigadier General (ret) Rhonda Cornum, our Chief Medical Officer, previously served as Director of the U.S. Army's Comprehensive Soldier Fitness initiative, where she oversaw training to over 1.1 million active duty U.S. Soldiers.

**FOR MORE INFORMATION AND PRICING CONTACT:**  
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