



— the —
RESILIENCY
solution

Resilience training increases your capacity to handle stress.

At The Resiliency Solution we equip highly motivated leaders and teams with the practical tools they need to thrive in challenging environments.

Who We Are

At The Resiliency Solution, we help organizations create a better way of working.

Stress and burnout are at an all-time high—but it doesn't have to be that way. Through tailored resiliency training, we equip leaders and teams to reduce stress, improve communication, and build sustainable recovery cycles.

The result? Happier, healthier, more productive employees who stay connected to their purpose.

Who We Serve

We build our most meaningful partnerships with leaders in high-stress, service-oriented environments.

- Government, Public Services, First Responders
- Hospitals, Healthcare & Medical
- C-Suite, Director, Manager
- HR Professionals
- Sales & GTM Teams
- Hospitality
- Social Services

We Believe

Serving others through your work doesn't have to lead to burnout or endless grind. Your work is important, and it's our honor to guide you in building a healthier, more resilient environment so you and your team can consistently perform at your highest level.

Our Services

Keynotes & 90-Min Talks

Inspire leaders with insights on chronic stress and practical resilience strategies to foster a culture that thrives under pressure.

Half, Full, & Multi-Day Retreats

Immersive retreat experiences blend restoration and actionable tools. Customized to included your agenda needs. (ex. Strategic Planning)

Organizational Consulting

Embed resilience into your workplace culture with maximum impact and minimal disruption. Our real-time training ensures seamless adoption.

Digital & Online Courses

From onboarding courses with workbooks to scalable tools and custom content, digital training enhances learning outcomes and supports change management.

The Resilient Leadership Academy

New in 2025



the
RESILIENCY
solution

The Resilient Leadership Academy

- A 6-Month immersive cohort-based learning program
- With custom framework for C-suite and emerging leaders
- Including ongoing coaching, resources, and a formal certification
- Leave with actionable strategies to lead with adaptability
- So that you can improve your workplace environment for talent retention

Our Workflow



GET YOUR
CUSTOM PLAN

TRAIN &
IMPLEMENT

CONSISTENTLY
PERFORM AT
YOUR HIGHEST
LEVEL

About Patrick Jeffs, PhD



Dr. Patrick Jeffs, founder of The Resiliency Solution and co-founder the NC Center for Resiliency (NCCR), has pioneered innovative approaches to stress management and resilience-building. He specializes in equipping leaders and teams in high-pressure environments—healthcare, government, and corporate sectors—with science-backed tools to navigate stress, foster collaboration, and

Our Team

President | Kim Jeffs, MA, LCMHCS, SEP
Vice President | Rebecca Dickenson
Consultant | Eleanor George, MSW

Faculty:

Paige Bentley, PhD, LCMHCS
Holly Daniels, PhD, LMFT
Kathleen Fitzgerald, MEd, LCMHC
Willie Jones, PhD, RBLP-T

achieve sustainable growth. NCCR was the first body-based trauma resilience psychotherapy clinic on the East Coast. NCCR became a pioneering institution in trauma resilience, offering essential support to individuals and communities. The Resiliency Solution initially began as NCCR’s corporate training arm before becoming an independent entity focused on organizational resilience.

Current Partners



North Carolina
School of Science
and Mathematics

