

New Tasmanian Book Offers A Manual To Navigate An Increasingly Uncertain And Disrupted World

With more people reporting feeling stressed in 2020 than anytime this century, Resilience by Design provides a solution for those ready to do something different

Hobart, Australia. As people around the world continue to experience uncertain and turbulent times, a cutting edge book **Resilience by Design** produced by Tasmanian-based author Ian Snape provides the manual for how to survive and thrive right now and into the future.

Resilience By Design: How to Survive and Thrive in a Complex and Turbulent World is published globally by Wiley (New York) as a fully illustrated handbook written as the antidote to the global epidemic of the 21st Century: Stress.

Ian and his co-author Mike Weeks formed their company Frontline Mind to train frontline professionals in a range of industries such as healthcare, law enforcement and child safety how to expand their choice of responses in high-pressure situations and go home safely. It soon became clear that these techniques and strategies could be applied to anyone, no matter their background or current situation. *Resilience by Design* is the culmination of three years of research off the back of over ten years of work training frontline professionals in these same techniques across the globe.

Ian Snape, lead author of *Resilience by Design* and CEO of Frontline Mind, leads the company from Hobart, Tasmania. Dr Snape has a background as a polar expedition leader, University Professorial Fellow and executive within the Australian Government, as well as coaching martial arts, executives, and frontline professionals.

"We didn't want to put out another dry, academic paper on the problems the world is facing," said Dr Snape. "Our focus is instead on the choices we can all make to do things differently, and enable as many people as we can to survive and thrive in our complex and turbulent world."

Resilience by Design is available now online and in bookshops. A launch event will be held in Hobart on Tuesday, December 7th at the RACV Hotel, in collaboration with Fullers Bookshop. Tickets can be purchased at <https://www.fullersbookshop.com.au/event/resilience-by-design/>

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About the authors

Dr Ian Snape has over 30 years of experience leading and managing teams in strategy, innovation and adventure. He is the co-founder of Frontline Mind, a global training company Headquartered in Hobart, Tasmania. For nearly two decades Ian was a Principal Research Scientist, leading an international network of scientists, policymakers, regulators and industry professionals who collaborate on pollution issues in cold regions. He served on multiple science advisory boards at several universities

and with his Frontline Mind team, he is currently creating and delivering innovative digital training to several universities across Australia.

In parallel with a professional career in science, leadership and training, Ian is a passionate martial artist, climber, skier and regular yacht racer who can be found most weekends offshore in Tasmania.

Mike Weeks has worked as a coach, trainer and facilitator with teams from NGO's, correctional services, social care, defence forces, government departments, and businesses of all sizes. He was previously a professional free climber and TV producer, travelling the globe chasing adrenaline and adventure.

Mike teaches practical models that stem from complexity theory, neuroscience, performance psychology, pattern detection and linguistics. Weaving his past and present experiences and adventures into his work, he enables people to develop resilience, clarity, effective decision making and clever solutions to complex problems.

About Frontline Mind

Frontline Mind is a Tasmanian-based consultancy that delivers training, mentoring, coaching and professional development services specialising in resilience, recovery and leadership. Frontline Mind training programs are designed to be capacity building for partner organisations and to be delivered at scale, underpinned by an extensive online program and accompanying digital resources.

Frontline Mind's goal is to train individuals within organisations to deliver resources and materials internally, providing an evidence-based, cost-effective training option specifically designed for people working in high-pressure and potentially traumatic environments. Frontline Mind works with frontline professionals from a range of disciplines to ensure they can go home safely every day, enabling high performance in essential work. <https://www.frontlinemind.com/>

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