



FOXTROT ACADEMY FLAGSHIP PROGRAMME

FOXTROT RESILIENCE TRAINING (FRT™)

Building Resilient Leaders. Strong Teams. Secure Organizations.

A proprietary resilience, leadership and human performance programme developed for African operational and organizational realities.

PRACTICAL TOOLS

REAL-WORLD APPLICATION

RESILIENT CULTURES



Built for pressure. Designed for reality.

Foxtrot Resilience Training (FRT™) is Foxtrot Academy's flagship resilience, leadership and human performance programme. It helps individuals, teams and organizations perform effectively under pressure, adapt to change, recover from adversity and build resilient cultures.

The programme equips participants with practical tools in self-leadership, stress management, emotional intelligence, critical thinking, teamwork, crisis leadership, ethics and organizational resilience. Content and exercises are adapted to participant roles, sector context and expected outcomes.

THE FRT™ OUTCOME

Participants leave with a common resilience language, practical tools for high-pressure performance and a 90-day personal resilience action plan.

Who the programme supports

● Government agencies

● Military and law enforcement

● NSCDC and private security

● Corporate organizations

● Healthcare professionals

● Educational institutions

● NGOs and development partners

● Emergency responders

● Community leaders



The SHIELD™ Model

Six connected pillars create a practical framework for individual, team and organizational resilience.

S

Self Leadership

Discipline, self-awareness and personal responsibility.

H

High Performance

Sustained effectiveness under pressure and uncertainty.

I

Innovation & Adaptability

Learning, flexibility and constructive response to change.

E

Emotional Intelligence

Emotional regulation, empathy and relationship awareness.

L

Leadership

Clear decisions, communication and accountable influence.

D

Duty & Service

Ethics, professionalism and commitment to the mission.

Key learning areas

- Self-leadership and personal discipline
- Decision-making under pressure
- Crisis leadership
- Ethics, duty and professional excellence
- Stress and emotional regulation
- Team resilience and communication
- Organizational resilience
- 90-day personal resilience action planning



FOXTROT
SHIELD

ANTICIPATE

PROTECT

PREVAIL

DELIVERY FORMATS

Flexible formats. Practical outcomes.

FRT™ can be delivered as a focused leadership briefing, a structured foundation course or a customized organizational programme.

01 1-Day Executive Overview

A concise introduction for executives and senior decision-makers.

02 2-Day Foundation Course

Core resilience capabilities for individuals and cross-functional teams.

03 3-Day Leadership & Team Resilience

Deeper practice in leadership, teamwork and crisis performance.

04 Customized Organizational Training

Context-specific delivery shaped around mission, workforce and risk.

BUILD A RESILIENT ORGANIZATION

Request FRT™ training for your leadership team, workforce or institution.

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