



FIREPIT

Inner Resilience Compass™

90 Day Implementation Program

Create your Compass

Implement your Compass

Live from your Compass



MANDY GIBBONS

THE RESILIENCE AND ANTI-FRAGILITY CONSULTANT AND COACH

FIREPIT

Inner Resilience Compass™

INDIVIDUAL IMPLEMENTATION PROGRAM

90 DAYS TO STRONGER SELF-LEADERSHIP: A STRONGER LIFE.

FIREPIT Inner Resilience Compass™ strengthens individuals by helping them create and implement their own Compass: strengthening the way they think, decide, communicate and respond throughout everyday life.

THE FIREPIT INNER RESILIENCE COMPASS™ PHILOSOPHY IN ACTION



STRONGER LIFE

Stronger self-trust • Healthier boundaries • Greater confidence
Greater internal freedom • Resilience and anti-fragility



STRONGER SELF-LEADERSHIP

Greater clarity • Stronger decision-making • Sharper instincts
Emotional resilience • Integrity • Conviction



YOU

Create and implement your personal
FIREPIT Inner Resilience Compass™



CREATE YOUR COMPASS

Values • Principles • Boundaries • Leadership Standards

THE 90-DAY IMPLEMENTATION JOURNEY

1 SELF-LEADERSHIP ASSESSMENT



Understand your strengths, behavioural patterns, challenges and priorities.

2 CREATE YOUR COMPASS



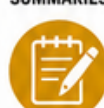
Build your personal FIREPIT Inner Resilience Compass™ using the 23-module framework.

3 IMPLEMENT YOUR COMPASS



Apply your Compass through weekly guidance, practical implementation and personalised support.

4 WEEKLY FIREPIT COMPASS SUMMARIES



Capture implementation wins, observations, strengths and areas to strengthen.

5 PERSONAL COMPASS BLUEPRINT



Bring your FIREPIT Compass Summaries together into one practical Compass Blueprint that supports the way you choose to live, lead and make decisions.



RESULT: STRONGER SELF-LEADERSHIP → SHARPER INSTINCTS → STRONGER LIFE



SLACK-BASED GUIDANCE

Weekly implementation, questions and personalised guidance.



FULL DIGITAL DELIVERY

23 video modules, workbooks, exercises and resources.



WEEKLY AUDIO INSIGHTS

Personalised audio guidance from Mandy each week.



WEEKLY FIREPIT COMPASS SUMMARIES

Reflect, capture implementation and build your record of growth.



ONGOING IMPACT

Your Personal Compass Blueprint becomes the framework you continue living from.

FIREPIT Inner Resilience Compass™

Individual Implementation Program

AUD \$3,500 – 90 Days of Guided Personal Implementation

Designed for individuals who want to strengthen their decision-making, build self-trust, deepen resilience and anti-fragility, and learn to lead themselves with greater clarity, conviction and integrity.

Delivery

Slack-based implementation and guidance.

The FIREPIT Inner Resilience Compass™ Program is built around two simple stages.

First, you'll create your own FIREPIT Inner Resilience Compass™ - a personalised framework built around your values, principles, boundaries and the person you've chosen to become.

Then you'll implement your personal FIREPIT Inner Resilience Compass™ through structured weekly guidance, practical application and support from Mandy, helping your compass become a trusted reference point for your everyday decisions, leadership and life.

(Why Slack, not Zoom)

Freedom from Zoom fatigue - no endless back-to-back calls that drain your energy. Instead, you step into focused, intentional exchanges inside Slack, where every message or audio note is designed to give you clarity and build strength, resilience and anti-fragility.

Instead of waiting weeks for the “next Zoom session” that feels crammed and short on time... you receive consistent prompts, insights, and tailored feedback woven into your week from Mandy, via Slack. This creates a natural environment where growth becomes part of your day-to-day.

It allows more time for insights, and you can take action from a place of clarity rather than pressure.

Timezone advantage that works in your favor - whether you're in Australia, the US, or anywhere in between, FIREPIT Inner Resilience Compass™ support flows naturally across time zones.

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What That Looks Like (90 Days)

Private Slack Channel

The private Slack channel is where your FIREPIT Inner Resilience Compass™ is created, refined and implemented. It's where you'll receive guidance, ask questions, work through challenges and receive personalised support throughout the program.

Utilising Slack to:

- Receive weekly implementation guidance
- Submit your weekly implementation and assignments
- Ask implementation questions and receive follow-ups
- Share insights and challenges
- Receive personalised audio responses from Mandy

Full Digital Delivery

The complete FIREPIT Inner Resilience Compass™ Framework is delivered through Systeme and provides the structure for creating your personal compass. Each module builds on the last, helping you clarify how you choose to think, decide and lead before implementing those principles throughout your everyday life.

Includes:

- Walking you through the 23 Video Modules
- PDF workbooks
- Practical exercises
- Implementation activities
- Visual diagrams and resources
- Assignments encourage immediate application in everyday life.
- Inside Slack, Mandy will drop short audios - designed for easier absorption on the go

Assignments are designed for immediate application in everyday life, leadership and decision-making.

Weekly Implementation - Via Slack

Each week focuses on strengthening and implementing your FIREPIT Inner Resilience Compass™ through practical application. Rather than simply learning new concepts, you'll apply your Compass to real decisions, real relationships and real challenges as they arise.

Monday:

Weekly FIREPIT Inner Resilience Compass™ Activation

Introduction to the week's Compass focus and implementation challenge.

Wednesday:

Submit your completed activities, implementation, observations and questions through Slack.

Thursday:

Receive a personalised Slack audio response from Mandy.

These responses may include:

- Compass observations
- Personal and practical implementation guidance
- Additional perspectives
- Reinforcement of implementation wins
- Recommendations to strengthen self-leadership

Friday:

Complete your Weekly FIREPIT Compass Summary.

Assignments and Exercises are designed to:

- Shift mindset and behaviour and strengthen emotional resilience
- Build resilience and anti-fragility from the inside out
- Arm and empower free thinking, powerful decision-making (problem solving) for individuals to thrive
- Build strong, meaningful connections and boundaries.
- Bring honour, wisdom, gut instincts (intuition), creativity and strength into an individual's life...While impacting others with purpose, compassion and conviction.

Weekly FIREPIT Compass Summary

Throughout the program, your weekly FIREPIT Compass Summaries become a valuable record of your implementation, observations and progress. During the final stage of the program, you'll use those summaries to create your own personalised FIREPIT Compass Blueprint.

Each summary highlights:

- Personal implementation wins
- Compass strengths and blind spots
- Areas and opportunities to strengthen your Compass
- What you're choosing to focus on for the following week

Together, these summaries create a valuable record of your progress and serve as an ongoing resource you can refer back to long after the program concludes.

Personal Implementation Outcomes

By the end of the program, you'll have created and implemented your own personal FIREPIT Inner Resilience Compass™ - giving you a practical framework to help you navigate decisions, strengthen boundaries and lead yourself with greater clarity, conviction and integrity.

Throughout the program you will be:

- Building stronger self-awareness
- Strengthening self-trust
- Improving decision-making and efficient problem-solving
- Developing healthier boundaries
- Building and leveraging resilience and anti-fragility
- Increasing emotional clarity
- Strengthening integrity between your values and actions
- Learning to operate from your personal FIREPIT Inner Resilience Compass™ during everyday life, leadership, and challenges
- Developing greater confidence, conviction, and adaptability

What's included...

Everything included in the program has been designed to support the creation and implementation of your FIREPIT Inner Resilience Compass™ over the 90-day journey.

Included:

- 90 days of structured implementation for one participant
- The private Slack channel for the program
- Access to the FIREPIT Inner Resilience Compass™ Framework
- Weekly implementation guidance, personalised audio responses
- Weekly FIREPIT Compass Summaries and Your Personal Compass Blueprint

FIREPIT Welcome Package:

- Paperback copy of The 7 Pillars of FIREPIT book, by Mandy Gibbons
- FIREPIT Inner Resilience Compass™ T-shirt from AntiFragilityCo
- FIREPIT Inner Resilience Compass™ Cap from AntiFragilityCo
- FIREPIT Inner Resilience Compass™ Glass Mug from AntiFragilityCo
- FIREPIT Inner Resilience Compass™ Coconut Apricot Wax Candle from AntiFragilityCo

Personal Compass Blueprint

Over the 90 days, you'll create and implement your own FIREPIT Inner Resilience Compass™. At the completion of the program, you'll create your personalised FIREPIT Compass Blueprint - a practical document that brings your FIREPIT Compass Summaries together in one place, identifying your strengths, implementation wins and challenges, and priorities so you can continue living from it long after the program concludes.

Your Compass Blueprint identifies:

- Your greatest strengths and your Compass strengths
- Compass blind spots
- Where and what to continue strengthening
- Recommended priorities for your next stage of growth

Designed to become your personal reference point for future decisions, leadership and life.

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Next Steps

Your FIREPIT Inner Resilience Compass™ is designed to continue serving you long after the program ends. As your confidence grows, you may choose to continue building on the foundation you've created.

Following completion, you may choose to:

- Read-Only Slack Archive (included) - at your fingertips, so your growth is never lost.
- Continue into a second implementation phase.
- Apply for the FIREPIT Inner Resilience Compass™ Practitioner Certification when it's released. The FIREPIT Inner Resilience Compass - 90 Day Implementation Program is a prerequisite for the Certification.
- Upgrade into one-to-one FIREPIT Coaching for deeper personalised support.
- Continue using your FIREPIT Inner Resilience Compass™ as your ongoing self-leadership framework.
- Apply to license the FIREPIT Inner Resilience Compass™ Intellectual Property to coach your own clients.

FIREPIT Inner Resilience Compass™

Who This Program Is Designed For

The FIREPIT Inner Resilience Compass™ Framework is a practical self-leadership framework designed to help people strengthen the way they think, communicate, lead, make decisions, navigate challenges and build meaningful lives that are congruent with the person they choose to be.

It's designed for people who are ready to meet the framework with the level of self-awareness, honesty and ownership required to utilise it powerfully. If you're committed to strengthening your resilience, anti-fragility, self-trust and decision-making by creating and consistently operating from your own FIREPIT Inner Resilience Compass™, you're exactly who this program was designed for.

Implementation Happens In Real Life

Your FIREPIT Inner Resilience Compass™ comes to life through the decisions you make, the conversations you have, the boundaries you set and the challenges you face. Every day presents another opportunity to strengthen the way you choose to think, behave and respond.

Throughout the program you'll apply each module to your own leadership, relationships, business and everyday life, allowing your Compass to become something you consistently operate from.

When Life Gets In The Way

Building your FIREPIT Inner Resilience Compass™ isn't about completing everything perfectly. It's about using your personal FIREPIT Inner Resilience Compass™ as a gauge for how you choose to operate daily. The framework is designed to strengthen your self-leadership over time, not rush you through a finish line.

FIREPIT Inner Resilience Compass™ Self-Leadership Assessment

Before creating your FIREPIT Inner Resilience Compass™, you'll complete the FIREPIT Inner Resilience Compass™ Self-Leadership Assessment. The assessment provides a practical benchmark of how you're currently operating. It helps identify your strengths, behavioural patterns, decision-making tendencies, areas of resilience, and opportunities for growth before implementation begins.

It's designed to create awareness. Together with your Compass Creation process, it provides a meaningful starting point for measuring your growth throughout the 90-day implementation journey.

Creating Your Compass

Over the 90 days you'll create and implement your own FIREPIT Inner Resilience Compass™.

Using the FIREPIT Inner Resilience Compass™ modules, you'll revisit your own life experiences, extract the wisdom from them and use those insights to create a Compass that's built around what's important and meaningful to you. You're deciding in advance how you choose to think, behave, communicate and respond.

Leveraging The 90 Days

Creating your FIREPIT Inner Resilience Compass™ is the beginning of the process. Over 90 days, you'll repeatedly apply your Compass to real situations, strengthening your judgement, resilience and anti-fragility as each congruent decision reinforces the person you choose to be.

Why I Chose Slack

This program was designed around implementation...

Daily touchpoints, personalised audio feedback and practical implementation inside Slack allow the framework to become part of your everyday decision-making rather than something you revisit once a week. Every question, insight, Compass observation and implementation win is captured in one place, creating a valuable record you can return to long after the program has finished.

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Recognising Your Progress

Progress reveals itself through the way you think, decide and respond - and life will present you with opportunities daily to apply your Compass. Each week you'll create a personalised FIREPIT Compass Summary capturing your observations, behavioural patterns, implementation, strengths and recommended areas of focus. Together, these become a meaningful record of your development throughout the program.

What You'll Leave With

At the conclusion of the program, you'll create your personalised FIREPIT Compass Blueprint. It brings together the work you've completed over the past 90 days, identifying your strengths, behavioural patterns, Compass blind spots, and recommended priorities moving forward. More importantly, you'll leave with a FIREPIT Inner Resilience Compass™ that's uniquely your own and designed to support the way you choose to live, lead and make decisions.

Living From Your FIREPIT Inner Resilience Compass™

From this point forward, your FIREPIT Inner Resilience Compass™ gets to become the place from which you choose to operate. The rest is found in the decisions and actions you take from this day forward.

There will still be setbacks, wins, celebrations, uncertainty and moments that test the person you choose to be. The difference is that you no longer have to navigate them feeling like you're in the passenger seat. Instead, you get to live your life and operate through strengthened values, principles, instincts, insights, boundaries, and the ability to leverage adversity as fuel for growth.

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