

BRILLIANCE THROUGH RESILIENCE RESULTS REPORT

Your Resilience Profile

Prepared for Sample Client · Sample date

PROGRAMME

Complete BTR™

DNA PANEL

7 pathways

PSYCHOMETRIC

Mental toughness

COACH

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PART ONE

DNA Resilience: your seven pathways

Each pathway is reported as a predisposition, not a diagnosis, and is interpreted

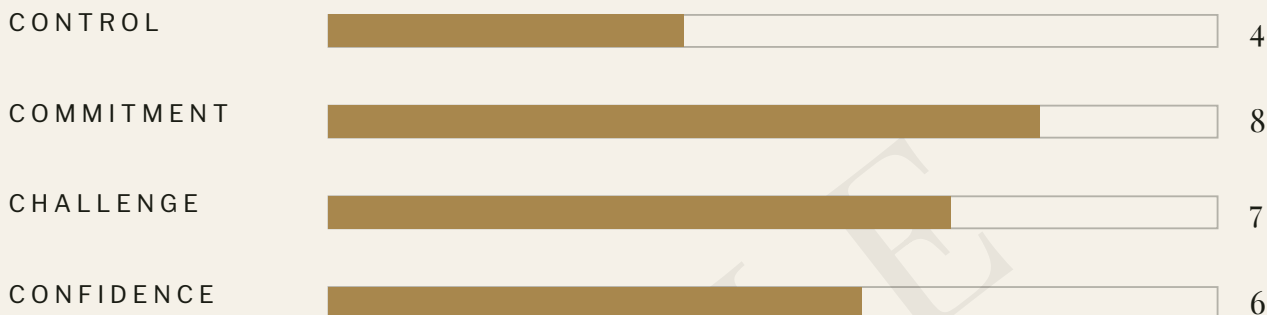
HPA axis (cortisol)	Stress response and recovery	ATTENTION AREA
Serotonin (5-HT)	Mood stability under sustained pressure	TYPICAL RANGE
Dopamine (DA)	Motivation and reward sensitivity	STRENGTH
Norepinephrine (NE)	Alertness and acute stress arousal	TYPICAL RANGE
BDNF	Learning, adaptability and recovery	STRENGTH
Neuropeptide Y	Stress buffering and calm under threat	ATTENTION AREA
Oxytocin (OT)	Social connection and trust under pressure	TYPICAL RANGE

“Your profile suggests a fast-activating stress response with slower natural recovery: a profile that rewards deliberate recovery habits, which we build into your action plan overleaf.”

PART TWO

Psychological Resilience: your mental toughness p

Scores are shown on a 1–10 sten scale against a professional norm group.



“High commitment paired with lower control is a classic endurance pattern: you do it, but at a higher personal cost than your colleagues may realise.”

PART THREE

Your action plan (excerpt)

01 Protect recovery like a meeting

Given your HPA-axis profile, recovery is not optional downtime; it is the mechanism you rely on. We agreed two fixed, non-negotiable recovery blocks per week, treated with the same status as a board meeting.

02 Pressure-test decisions against your Control score

Before high-stakes decisions in intense periods, use the two-question check we discussed to separate genuine urgency from stress-driven urgency.

03 Deploy your Commitment deliberately

Your follow-through is a genuine strength. Direct it: one strategic priority per period, backed by your full commitment; everything else is delegated or declined.

Your full report runs to detailed interpretation of every pattern identified, delivered in hard and soft copy alongside your 90-minute coaching session.