

# J. Preston Sullivan Launches Resilience Analytics, LLC. to Address Mental Resilience and PTSD in Public Safety

*Resilience Analytics, LLC. is revolutionizing how public safety personnel approach mental health and resilience.*

EDEN, NC, UNITED STATES, October 25, 2024 /EINPresswire.com/ -- J. Preston Sullivan, a renowned expert in mental resilience in public safety organizations, is proud to announce the launch of Resilience Analytics, LLC. This pioneering business, the first of its kind, aims to revolutionize how public safety organizations approach mental health and resilience for their employees.



The company will provide consulting and coaching services to public safety organizations, helping them develop and implement effective strategies to promote mental resilience among their employees. This includes training programs, workshops, and personalized coaching sessions tailored to each organization's needs.

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*J. Preston Sullivan*

Sullivan believes that by prioritizing mental health and resilience, public safety organizations can improve the well-being of their employees and ultimately enhance their job performance. He states, "Our goal is to equip public safety organizations with the tools and resources they need to support the mental health of their employees. Doing so can create a more resilient and effective workforce."

Resilience Analytics, LLC. is revolutionizing the way public safety personnel approach mental

health and resilience. Founded by J. Preston Sullivan, a first responder himself with a deep understanding of the challenges in the field, the company offers a full range of consulting, training, and coaching services to help individuals and organizations in the public safety sector operate at their optimal level.

Resilience Analytics, LLC. offers a comprehensive suite of services tailored to the specific needs of public safety personnel. Through consulting, the company collaborates with organizations to identify potential stressors and develop innovative strategies to mitigate their impact. Training programs are meticulously designed to equip individuals with the latest tools and techniques to manage stress and build resilience. And through personalized coaching, Resilience Analytics, LLC. provides empathetic one-on-one support to help individuals overcome mental health challenges and thrive in their roles.

Resilience Analytics, LLC. also is licensed to administer and interpret the MTQ-48. The MTQ-48, or the Mental Toughness Questionnaire, is a scientifically validated assessment tool that measures an individual's mental toughness. Developed by a team of psychologists and researchers, the MTQ-48 has been proven to accurately predict an individual's performance in high-pressure and challenging situations. This makes it an invaluable tool for public safety agencies, as mental toughness is a crucial trait for individuals working in this field.

The impact of Resilience Analytics, LLC.'s services extends beyond the individual level. By promoting mental resilience among public safety personnel, the company contributes to the overall well-being and effectiveness of the organizations it serves. With its groundbreaking approach, Resilience Analytics, LLC. positively impacts the mental health of those who dedicate their lives to keeping our communities safe.

Resilience Analytics, LLC. is dedicated to positively impacting the mental health crisis in public safety organizations. With J. Preston Sullivan at the helm, the company is poised to become a leader in promoting mental resilience and well-being in the field. For more information, please visit their website at [www.resilience-analytics.com](http://www.resilience-analytics.com) or contact by email at [jpsullivan@resilience-analytics.com](mailto:jpsullivan@resilience-analytics.com)

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