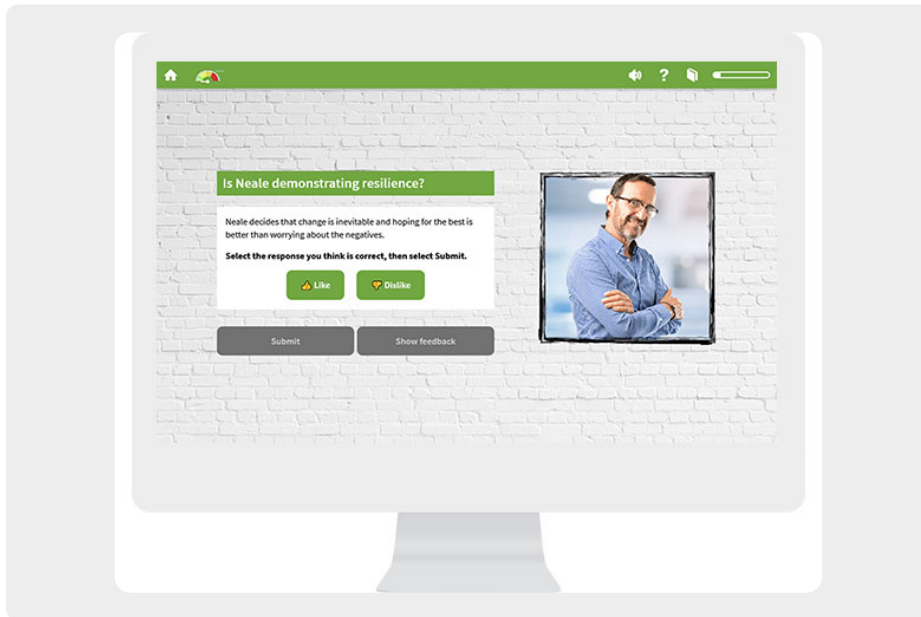


Resilience



Course Overview

Resilience is like emotional muscle memory. It enables us to manage challenges that arise in life. This course looks at examples of how resilience in the workplace affects the outcomes in various scenarios. Your challenge is to make decisions that recognise and support resilience in these scenarios. Your performance will be measured by gauges that reflect your emotional muscle strength.

Key Learning Points

- Understand what Resilience is.
- Describe the characteristics that demonstrate resilience.
- Describe why resilience is useful in the workplace.
- Describe the attributes of resilience.
- Understand how resilience can be improved.

Learn More

Technical Requirements

Guide Pricing

1+ Licenses	£29 per learner
11+ Licenses	£25 per learner
21+ Licenses	£20 per learner
51+ Licenses	£15 per learner
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