

Adult Skills & Family Learning in Lincolnshire
Course Overview

Resilience

An informative exploration of resilience and how you can improve yours. This includes looking at role models, examples within the work place (including applying for jobs) and applying findings to developing a personal plan for improving resilience.

Course learning outcomes:

1. **Define** resilience and **Identify** factors of resiliency and **explain** why we need resilience
2. **Investigate/evaluate** examples of resilience
3. **Apply** examples of resilience to applying for jobs/other real life situations
4. **Explain** what a resilient or a *growth mindset* is and **motivate** someone to develop one and **develop** a resilient mindset
5. **Assess** personal resilience
6. **Devise** strategies to improve personal resilience and **motivate** others to become more resilient
7. **Identify** an experience/situation in my life that I have used to help me deal with things differently for future situations
8. **Identify** the qualities of a positive role model and **apply** these to an action plan
9. **Identify/select** an experience/situation in my life that I could use to help me deal with things differently for future situations
10. **Evaluate** own experiences in relation to positive role models and **select** and **undertake** appropriate guidance, support or help.

Duration: 20 Learning Hours