



Resilience

How to Keep Going When the Going Gets Tough

Course objectives

Successful completion of this course will increase your ability to:

- ✓ **Bounce back from adversity**
- ✓ **Build your self-esteem as a foundation of resilience**
- ✓ **Make and maintain connections to build resilience**
- ✓ **Accept and embrace change**
- ✓ **Use flexible thinking to overcome obstacles**
- ✓ **Implement stress management and relaxation strategies to maintain resilience**