

Developing Resilience - Tailored Learning

Course Description

Developing Resilience

Content and Overview

Building resilience is key to navigating challenges and maintaining well-being in life or the workplace. In this course, you'll learn practical strategies to bounce back from setbacks, manage emotions, become aware of stress and keep motivation. Through interactive exercises and real-world examples, you'll develop the mental toughness needed to thrive, deal with pressure, adapt to change, and keep moving forward with confidence.

Suitable for

Residents who would like to increase their confidence in the workplace or those seeking work.

Entry requirements

You must be aged 19+ on 31 August 2024 and be UK resident for at least 3 years to join this course as an adult learner.

Delivery Method

This course will be delivered face to face over 4 weeks.

Fees

Free of charge.

If you need any more information, please contact our Customer Service team on 01724 297146.

Progression

If you successfully complete this course, you may wish to progress onto other areas of study such as Employability, Maths, English or ICT.

We also have a dedicated Careers and Employability Coordinator who can support you to plan your next steps.