



Resilience

Why is it so important?

92% of executives say that soft skills are equally important or more important than technical skills.

(LinkedIn Workplace Learning Report, 2018)

Course Information

- ✓ 100% online
- ✓ Delivered in English
- ✓ Suitable for ages 14-20
- ✓ EtonX certificate

Our **Resilience** course will help you to feel more capable and in control of your life. During the course, you will keep a Resilience Log to gain insights into your emotions and start to manage your wellbeing. You will analyse a range of scenarios which will help you learn how to bounce back from failure and use key techniques, such as growth mindset, mindfulness and gratitude. You will also watch advice from a qualified life coach to learn processes for developing greater resilience, including how to conquer your fears to achieve your life goals.

WHAT WILL I LEARN IN THE ETONX RESILIENCE COURSE?

ORIENTATION

INTRODUCTORY CLASS

Course Introduction
Getting to know your study group and tutor
Checking your skills

UNIT 1

KNOWING YOURSELF

What is resilience?
Dealing with challenges
Developing self-awareness
How others see me

UNIT 2

HARNESSING YOUR STRENGTHS

Strengths and energy
Identifying your strengths
Study strengths
Understanding 'flow' - you on a good day

UNIT 3

GAINING CONTROL

Why is self-control so important for success
Self-Control and Context
Strategies for self-control
Be kind to yourself

UNIT 4

LIMITING BELIEFS

How do optimists think?
An event vs an experience
Reframing irrational/negative thoughts
Challenging 'beliefs'

UNIT 5

FAILING FORWARD

Looking beyond failure
Perceptions of Success
Growth mindset
Making your dreams a reality

UNIT 6

BUILDING CONNECTIONS

The importance of gratitude
Who boosts your energy?
Identifying drains and radiators
Supporting others