



COURSE INFORMATION

- ✓ 100% online
- ✓ Delivered in English
- ✓ Suitable for ages 13-20
- ✓ EtonX certificate

Resilience

Resilience will empower you to accept and adapt to situations and move forward.

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 to 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 strategies 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

- Meeting the Course Director
- Completing a situational judgement test
- Identifying tips and techniques for studying online

SECTION 1

KNOWING YOURSELF

- Developing self-awareness
- Dealing with stress
- Asking for feedback

SECTION 2

HARNESSING YOUR STRENGTHS

- Identifying your strengths
- Applying your strengths
- Understanding flow

SECTION 3

GAINING CONTROL

- Understanding the importance of self-control
- Strategies for self-control
- Learning how to be kind to yourself

SECTION 4

LIMITING BELIEFS

- Understanding how optimists think
- Identifying negative thinking habits
- Understanding confirmation bias

SECTION 5

DREAMING BIG

- Learning how to view failure
- Developing a growth mindset
- Planning to make your dreams a reality

SECTION 6

BUILDING CONNECTIONS

- Developing empathy and gratitude
- Understanding who boosts your energy
- Understanding positive communication

SUMMING UP

- Reflecting on your performance, including the completion of a final situational judgement test
- Completing your Personal Development Plan by learning how to set SMART Objectives.