



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)

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.

ONLY
\$399
USD

Course Information

- ✓ 100% online
- ✓ Delivered in English
- ✓ Suitable for ages 14-20
- ✓ 7 weeks (2 hours per week)
- ✓ Certificated

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

WEEK 1

KNOWING YOURSELF

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

WEEK 2

HARNESSING YOUR STRENGTHS

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

WEEK 3

GAINING CONTROL

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

WEEK 4

LIMITING BELIEFS

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

WEEK 5

FAILING FORWARD

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

WEEK 6

BUILDING CONNECTIONS

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

Assessment

Students fulfilling the following criteria will receive an EtonX certificate signed by their Course Director at Eton College:

- ✓ Attend all online lessons in the virtual classroom with their study group
- ✓ Pass the end-of course online knowledge test
- ✓ Engage in all course discussion forums and peer learning activities
- ✓ Pass the final assignment tasks which is graded by their EtonX tutor

Depending on the level of their performance in the above areas, students will be awarded a Pass, Merit or Distinction

What's next?

Visit our website to buy this course at etonx.com



EtonX offers a suite of online future skills courses for teenager. By taking our courses, students will develop the skills they need to feel fully prepared for university, the workplace and life.

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