

Workplace Wellbeing

Resilience

In today's fast-paced world, resilience is an important skill for all individuals as it relates to your ability to 'bounce back' and move on from challenging situations. This module will help you to develop a better understanding of how to be resilient in the face of adversity, by bending instead of breaking under pressure.

In this Module

Videoscribe explainer video, with professional audio (duration: 02:54)

English Subtitles

7 Expanded learning content blocks in the module format

'Check my understanding'
5 Question knowledge check

Top Tips

1. Always try to maintain a positive outlook during challenging situations.
2. Don't just accept change...learn to embrace it.
3. The key to resilience is looking after yourself, so make your personal wellbeing a priority.

