

An online course that will provide tips on how to become resilient in uncertain times

Resilience: Building Skills to Thrive



In this time when people are facing difficulties due to the Covid pandemic this course provide tips on how to become resilient.

What will you achieve:

- **Resilience overview** - exploring different definitions and why it is important
- **Building resilient skills** - get equipped with personal strategies to try at work and at home
- **Identifying personal strengths and values** – you will build on these for resiliency
- **Improve your ongoing resilience** – by building self care practises and creating your own personal resilience action plan

£15 Registration
Fee

Online
5 Week Course

Tuesday
28 Sep— 26 Oct
19:00 - 21:00

You will need to have internet access and use of a tablet/ laptop/PC with video and microphone capability. The course will be delivered using an online platform (instructions will be forwarded). Supplemental home practise and (optional) reading provided

HOW TO BOOK

Enrol Online at www.oaklands.ac.uk/acl

Click the Wellbeing & Personal Development panel and select the course or call 01727 737000 and quote course code CL255A1E

This course is funded by Step2 Skills and is for Hertfordshire residents only.

Course prerequisite - A basic level of English

If you have any questions please email acl@oaklands.ac.uk

