



Resiliency and Grit for Changing Times

Course Description

It's easy to feel overwhelmed with the rapid changes taking place in technology, communication, and working conditions during this global pandemic. So how can you foster a positive mindset and develop strategies to stay resilient and growth-oriented? This training will give you the mental framework and tools you need to prepare for change and to maintain a growth mindset amidst challenging or uncertain times.



Outcomes

- The impact of changing times
- Resiliency vs Grit
- The importance of resilience
- How to build resilience
- Reframing your perspective with cognitive reappraisal
- How to grip your grit
- Grit and goal setting

Course Outline

- Discover your ability to keep going when things get tough.
- Learn how to drive more success at work and home and how to stop giving up.
- Gain an ability to bring a growth mindset to those around you.