



Increase Your Grit and Resilience

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.



What We'll Explore

- Change and growth
- Becoming more resilient
- Developing more grit

Course Outline

- AAA of Resilience
- Reframing your perspective with cognitive reappraisal
- Challenge the appraisal
- How to grip your grit
- Grit and goal setting