

How to Become More Resilient

GoSkills online course syllabus

Skill level

Beginner

Lessons

8

Pre-requisites

No prior experience needed

Video duration

28m

Estimated study time

28m 4s

Instructor

Azim Khamisa

Introduction

1 Bouncing back

Knowing how to develop and maintain resilience will help you navigate the ups and downs of life so you can emerge on higher ground, fostering fulfillment and resilience in your life.

Finding Your Resilience

2 Using tragedy as inspiration

Challenges are a part of life's journey and it's how you reframe these challenges into positive experiences that will help you get through them.

3 Accepting your reality

Taking a hard look at what you're facing is a pivotal step in becoming more resilient.

4 Slowing down

By prioritizing self-care and eliminating busyness, you'll discover the true essence of a fulfilling life.

5 Confronting entitlement

Feelings of self-focus and entitlement can get in the way of living a fulfilling life.

6 Balancing desire and detachment

Being passionate about what you want to achieve in life is important to reaching your goals.

7 Discovering new adventures

Saying yes to adventure enables you to take that first step to acting on what you want in life.

Conclusion

8

Find your resilience

Congratulations on finishing this course!

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