

Lessons in Resilience: How to Overcome Obstacles for Growth

GoSkills online course syllabus

Skill level

Beginner

Lessons

5

Pre-requisites

No prior experience needed

Video duration

18m

Estimated study time

18m 26s

Instructor

Azim Khamisa

Introduction

1 Overcoming obstacles

Exploring the transformative power of overcoming life's toughest challenges, this course sets the stage for profound personal growth.

Techniques for Overcoming Obstacles

2 The cost of anger

Understanding and managing anger is a critical skill for personal growth and emotional well-being.

3 Finding forgiveness

Navigating through anger and its consequences requires a deep understanding of forgiveness.

4 Facilitating peace

Embracing diversity and fostering empathy are key to overcoming personal and global challenges.

Conclusion

5 Moving beyond tragedy

Congratulations.

[Go to GoSkills.com](https://www.goskills.com)