

Overcoming Adversity and Developing Resilience

GoSkills online course syllabus

Skill level

Beginner

Lessons

22

Pre-requisites

No prior experience needed

Video duration

1h 32m

Estimated study time

1h 16m

Instructor

Azim Khamisa

Introduction

1 Overcoming all odds

Understanding Resilience

2 Becoming bulletproof

Being a "bulletproof" person, or one of resilience, is a skill everyone is entitled to.

3 Your Spiritual Quotient (SQ)

You may recognize terms like IQ and EQ, but your spiritual quotient is also important to maintain.

4 Spiritual hygiene

Just as you need sleep, nutrition, and exercise, humans also need to take care of their spirit.

Aspects of Resilience

5 Resilience vs. Fragility

When faced with challenges, an individual will either act with resilience or fragility.

6 Using forgiveness

Forgiveness towards another party can be the toughest place to start.

7 Re-framing hardships

Spiritually bulletproof people consciously undertake the art of spiritual alchemy - they work to uncover the spiritual gold hidden inside the hardest hits.

8

Healthy grieving

Grief is an uncomfortable emotion, and because of this, the benefits of grieving are often overlooked.

Building Resilience

9

Building a new perspective

Putting yourself in another person's shoes can be the first step towards understanding their thoughts and feelings.

10

The Forgiveness Formula

Often, those who experience hardships or challenges live in guilt.

11

Changing your behaviors

When implementing forgiveness and finding opportunity in your mistakes, there is also room for changing your behaviors to more positively impact those around you.

12

Asking for help

Being able to recognize that you need assistance is not a sign of weakness, rather a sign of strength.

Applications of Resilience

13

Living authentically

Being intentional with how you spend your time and energy is a necessary element of resilience.

14

Being present

Being present means finding a balance between passionate desire and dispassionate detachment.

15

The Spiritual Radar

Where does that saying, trust your gut, actually come from?

16

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17

Saying yes

Often, people feel the need for someone else to come in and "save" them from their hardship.

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19 **Keeping your word**
In order for you to embody true resilience, you must not only recognize its value, but take action and hold yourself accountable.

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Conclusion

21 **Take action to become more resilient**

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