



COURSE NAME	COURSE AUDIENCE	COURSE OVERVIEW & LEARNING OUTCOMES	ASSESSMENT QUESTIONS	CPD POINTS/DURATION
Resilience at Work	Builder	<p>Resilience at Work is about individuals, teams and organisations functioning well during normal operating conditions, as well as in times of stress or trauma. It can be thought of as a protective barrier that shields people, helping them to cope effectively in times of change, high pressure, and stress. Levels of resilience can change over time and the workplace can help to build resilience. It is important to build resilience in the workplace because for most people, being at work is good for their mental health and wellbeing. A resilient worker and workforce are more likely to be healthy and productive.</p> <p>This course will focus on giving you the skills to enhance your own individual resilience, as well as ensuring resilience strategies can be implemented from a team and organisational level.</p>	<p>A series of online closed questions that are auto marked; questions are directly related to the learning material covered in the course.</p> <p>Participants are required to achieve a pass rate of 80% to successfully complete the course.</p> <p>The course allows up to three (3) attempts to successfully complete all the assessment questions. Participants will be sent a CPD certificate by email upon successful completion of the course materials and assessment process</p>	1 CPD point / 1 Hour