



# Resilience & Mental Fitness

## Course overview

Resilience and Mental Fitness is an online course that helps individuals reimagine stress as pressure that when positively engaged, serves as the counterweight and stimulus for growth. Emotional reactions to stress can be positively managed by developing resilience skills, by practicing mental exercises designed specifically to stretch, strengthen, and forge new neural connections. Participants will discover how individual strengths are unique and different, and how insight into one's tendencies makes it possible to take advantage of the magic of neuroplasticity to rewire your brain and change your behaviour.

<b>Goal</b>	To introduce the paradigm of mental fitness and the 16 resilience factors, associated with skills or mental activities, exercises that with practice, serve to increase psychological strength and mental fitness.
<b>Who should take this course?</b>	This beginner level course is designed for anyone looking to enhance their career or skillset by learning how to build resilience. This online resilience training course would be useful for people who have suffered through stress and/or are working in, or aiming to work in, high-pressure environments.
<b>Course objectives</b>	<ul style="list-style-type: none"><li>• Understand that you can increase your psychological strength, fitness, and resilience with mental exercise.</li><li>• Appreciate that stress is pressure that when positively engaged, serves as the counterweight and stimulus for growth.</li><li>• Describe how the brain is like a muscle, that requires nourishment and exercise, it adapts to and is shaped by (sculpted in response to) experiences, stress levels, and behaviour.</li><li>• Identify the 16 mental activities, behaviours that can be actively engaged in, and with practice, serve to increase psychological strength and mental fitness.</li><li>• Articulate that developing mental strength takes work, and with a resilient mindset and regular exercise, you can increase your mental fitness and ability to manage stress.</li></ul>



<b>Evaluation</b>	<p>There are 8 modules in this course. At the end of each module there is a self-test. Participants must successfully complete the test to progress to the next module. There is a passing grade of 80%. You may repeat the test as many times as necessary to achieve a passing grade.</p> <p>Note: Upon successful completion of the course, you will receive a downloadable certificate of completion.</p> <p>In addition: This course qualifies for 7.5 CPD credits of the CCPA. Upon completion of the course, you may download the CCPA certificate and submit it to the CCPA for registration.</p>
<b>Course duration</b>	<p>This course is self-paced. You can enter the course, leave as desired, and resume at any time where you left off. The time to complete the course will depend on your prior learning and experience. For certification purposes, it is estimated to take approximately 7.5 hours.</p>