

PROFESSOR: Career choice is often talked about as if it's a one time decision. But the world and your life probably change so quickly that you may have several different careers or one constantly developing and changing one over your working lifetime. This [? batched ?] Open Course, Developing Career Resilience, looks at how to take control of your career path and also how to cope and triumph when life throws you a curve ball.

The course includes reviewing your skills, looking after your own well-being and self belief, and setting goals for your career moves ahead. All of it will help you to develop your career resilience and adaptability. Along the way, you'll build your resilience rucksack full of tips and resources to help you in making and carrying out your future plans. So whether you're starting out in your career, finding yourself at a crossroads, or just want to feel in control of your career, rather than it careening off with you on board, this course is for you.