

Transcript

Developing career resilience: course trailer

On-screen text:

Career resilience is all about flourishing in your career despite challenges and change. The greater your resilience, the more successful you can be. This course will help you to explore career resilience, recognising the strengths of resilient people and identifying your own. You'll learn how to boost your career resilience, coping better with difficulties and challenges – both external and internal. You'll practise self-help techniques like reframing, and positive self talk, and find out who else can provide support, including your employer, and your social network. Welcome to *Developing career resilience*!