

4 Week learning pathway
Resilience & Stress Pathway

Modules, 10 minute videos & workbooks

Module 35:
 Being Resilient



Module 13:
 Managing Stress



Module 53: Health
 and Wellness



Module 88: Dealing with
 Emotional Clients and
 Colleagues



Dealing with Stress	Being Resilient	Stress Response	Choose your Attitude
Dealing with Anxiety and Stress	Boosting Confidence	Amygdala Hijack	Dealing with Change

1 minute video refreshers & quick reinforcers

Weeks / Timeline for programme application

