

4 Week learning pathway
Resilience & Stress Pathway

10 minute videos with workbooks & 1 Minute support videos



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Module 35:
 Being Resilient



Module 13:
 Managing Stress



Module 55:
 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

