

Growth Mindset

Title	Duration (minutes)	Author	Course Description
<ul style="list-style-type: none"> Career Resilience: Confidence to Bounce Back 	30	7 Dimensions	Career Resilience helps you develop the skills and emotional competencies needed to navigate change and uncertainty. Learn strategies to identify your strengths and grow through volunteering and mentorship.
<ul style="list-style-type: none"> How to Increase Resilience 	30	7 Dimensions	How to Increase Resilience teaches you to bounce forward from challenges by processing stress constructively. Learn mindfulness, problem-solving, self-care, and how to reframe stress as a challenge to improve health and performance.
<ul style="list-style-type: none"> Mental Health and Wellbeing: Building Resilience 	12	Channel 1 Creative Media	Building Resilience teaches you how to foster resilience in your team. Learn effective strategies for mindfulness, job satisfaction, and creating a resilient work environment..
<ul style="list-style-type: none"> Ways to Increase your Emotional Intelligence 	50	7 Dimensions	Psychologists Eve Ash and Peter Quarry explain how increasing Emotional Intelligence (EQ) helps us manage emotions, build relationships, improve collaboration, and reduce conflict, making it key to personal and professional success.