



## Course details

### Course title

Building Emotional Resilience

### Course code

Q00013113

### Course date

Start: 16/01/25

End: 20/02/25

### Fee range

Free to £42.00

### Venue

Landport Community Centre (Portsmouth)

Charles Street

Portsmouth

PO1 1JD

### Level of study

Beginners

## Course overview

Do you often feel overwhelmed? Would you like to have more control over your emotions? This course can teach you how to build emotional resilience through effective emotional awareness and confidence-building exercises. It's easy to feel like everything is getting on top of us during these uncertain times. This Mental Resilience training can help you identify small steps to maintain calm during challenging situations. Avoid feeling like everything is unravelling and learn to deal with challenges when they come. This Mental Resilience training will help you identify aspects of your life or situations that are difficult emotionally. Work together with the group to develop strategies to deal with these emotions without falling apart. Explore various confidence-building exercises to help you handle your emotions. Learn how to build emotional resilience. You may do activities such as presenting to the class or surveying friends and family members. Emotional Resilience courses help you excel in personal and professional situations. By the end of this emotional awareness course you will have tools and strategies to feel stronger in the face of challenging situations. Depending on your needs, there are

various study options after this course. You may consider a course in Assertiveness or Confidence Building. Please bear in mind that you'll need to have access to the internet to take this confidence course online. Communicate with your tutor and access learning materials through Canvas, the WEA's digital learning portal. We're committed to helping you access and enjoy adult education. If there's something we can do to help you, we will. Your learning is our priority. The WEA is an adult education provider and we pride ourselves on our ability to create a friendly classroom atmosphere, in person and online.

## **Course description**

This course will focus on Building your Emotional Resilience. Today's world is full of pressures and stresses. Most people endure stress, hardships, challenges and pressure most days, from the minute they wake up until the time they fall asleep. For some people who aspire to high performance, pressure is a source of positive motivation. However, for others, pressure is the main cause of their greatest failures.

Being able to remain optimistic and determined in spite of adversity is a characteristic of mental toughness. Furthermore, it involves training and preparing oneself to be mentally ready whenever a challenge arises. The quality of mental toughness not only allows you to cope with mistakes or sub-par performance but also provides you with the resilience to continue on regardless.

The degree of inner resilience a person possesses is determined by their self-discipline, which in turn relates to their mental toughness - and all of these factors affect their overall quality of life, especially their perspective on life, work, money, and relationships. Inner resilience is an essential trait for those individuals who aspire towards producing high-level life outcomes and achieving extraordinary goals.

People who are mentally strong tend to live purpose-orientated lives and are innately more innovative when dealing with problems. The foundation of your reputation will be shaped by how well you handle challenges and how open you are to improvement. Developing mental toughness means becoming empowered, and being empowered means accepting yourself and taking responsibility for your life.

The following are some of the topics you will learn during this course:

A Roadmap for Personal Growth and Improvement.

An explanation of how humans experience emotion.

An effective strategy for cultivating self-awareness.

Mastering the ability to maintain focus and refocus.

The role that mindset plays in personal effectiveness.

Strategies to increase wellbeing and work-life balance.

## **What financial support is available?**

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## **What other support is available?**

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

**Source URL:** <https://www.wea.org.uk/courses/skills-life/confidence/16-january-building-emotional-resilience>