



## **Course details**

### **Course title**

Building Emotional Resilience

### **Course code**

Q00020024

### **Course date**

Start: 14/01/25

End: 25/03/25

### **Number of classes**

10 sessions

### **Timetable**

Tue 14th Jan, 13:15 to 15:15

Tue 21st Jan, 13:15 to 15:15

Tue 28th Jan, 13:15 to 15:15

Tue 4th Feb, 13:15 to 15:15

Tue 11th Feb, 13:15 to 15:15

Tue 18th Feb, 13:15 to 15:15

Tue 4th Mar, 13:15 to 15:15

Tue 11th Mar, 13:15 to 15:15

Tue 18th Mar, 13:15 to 15:15

Tue 25th Mar, 13:15 to 15:15

### **Tutor**

Margaret Mordue

### **Fee:**

Free

### **How you'll learn**

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

## Venue

St. Margaret's Centre (Durham)  
The Old School  
Margery Lane  
Durham  
DH1 4QJ

## 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. Most of our courses are free for most of our learners. Please note that you need to get t

## 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/14-january-building-emotional-resilience>