

## Video Title: Emotional Resilience Short Online CPD Course

This course has been designed to raise awareness about emotional resilience and why it is so important to be resilient.

You will learn how to develop your resilience and ways you can apply this in your personal and professional life.

This short course will be beneficial for anyone who is dealing with day to day stresses and demands of life.

The course contains 4 units. Each unit requires 5 hours of study over a period of 1 week. Whilst studying the course material, you will have the opportunity to watch short videos, read related material and engage in activities which will enhance your understanding of the topics covered in the unit.