Free Online Training Courses for Building Resilience

- ❖ PositivePsychology.com: How To Build Resilience With Resilience Training
  Website: https://positivepsychology.com/resilience-training-build-resilient-individuals-groups/

- ❖ Deakin University: Professional Resilience: Building Skills to Thrive
  Website: https://www.futurelearn.com/courses/professional-resilience

- ❖ The University of Washington: Becoming a Resilient Person – The Science of Stress Management
  Website: http://www.edx.org/course/becoming-a-resilient-person-the-science-of-stress

- ❖ Resilience - The art of coping with disasters
  Website: https://www.edx.org/course/resilience-the-art-of-coping-with-disasters   IsraelX

- ❖ Mindfulness and Resilience to Stress at Work
  Website: https://www.edx.org/course/mindfulness-and-resilience-to-stress-at-work   University of California, Berkeley

- ❖ Shield of Resilience Training Course
  Website: https://www.samhsa.gov/dtac/shield-resilience-training-course

- ❖ The Science of Happiness
  Website: https://www.edx.org/course/the-science-of-happiness-3
  University of California, Berkeley