

Resilience matters



Even when things appear to be going smoothly without a bump in the road or a problem in sight, a moment of volatility, uncertainty, chaos or ambiguity can come up out of nowhere. At times like these, you as an individual need to be resilient.

To help individuals and workplaces upskill and expand their capabilities to thrive in this environment, the Suncorp Learning Campus provides online access to thousands of training resources, sourced from the best content providers in the world.

In an ever changing world we require greater focus and ability to adapt, build resilience and increase our emotional understanding and intelligence. The short courses in this pathway are designed to help you:

- Improve your EQ (emotional quotient) to recover from challenges
- Understand that resilience is a skill that can be learned, practiced and shared
- See the difference between being calm and being resilient
- Build a resilient team
- Learn how to bounce back after setbacks



Helping you feel more prepared with strategies and tactics to establish yourself with strength and resilience during times of transition and change:

10 mins Being Resilient

by Learning Planet
(10 minutes)

Course overview: Learn what resilience is about, how building your own resilience can assist yourself and your work team to excel and recover from difficult experiences. The video module looks at what resilience is and shares some key ways for you to develop resilience skills.

Resilience

by Micro Learn
(15 minutes)

Course overview: In today's fast-paced work, resilience is an important skill for all individuals as it relates to your ability to 'bounce back' and move on from challenging situations. This module will help you develop a better understanding of how to be resilient in the face of adversity, by leaning into changing situations.

Build Resilience Through Perseverance

by Micro Scaling
(5 minutes)

Course overview: We all know people who seem resilient and able to carry on in the face of difficulties. They allow a little stress to help them maximise their perseverance, be creative, and learn from the experience. This course presents ways to be more resilient in the face of difficulties. You will learn how to persevere and leverage stress to your advantage by practicing and focusing on your intended performance.

Resilience

by Pearls of Wisdom
(5 minutes)

Course overview: Introduces research showing that there are some elements amongst the things that make us resilient that are learnable skills. By being clear on the seven skills and creating a development strategy using them, we can each increase our levels of personal resilience.

Career Success Strategy: Career Resilience

by Biz Library
(14 minutes)

Course overview: We need personal capabilities to do well even when times are tough in several ways, including: career resilience, good mentoring, courage to change, and asking for feedback. This is part of the "Career Success Strategy" and includes excellent videos with practical advice and strategies to help anyone wanting to boost their career, and improve their chances of success.

Identifying Your Strengths

by Pearls of Wisdom
(4 minutes)

Course overview: This course discusses an enlightening view on the differences between our strengths and what we are good at, which you may find by the end of the course are not always the same thing.

Rest and Resilience: Be a Resilient Leader

by Creative Live
(13 minutes)

Course overview: In the world of business, disruptions and transformations are a regular part of life. For example a colleague leaving without notice, the business may lose or gain a key client, potentially a department could restructure or even a company merger could be announced. This course teaches managers and leaders the skills they need to be resilient personally and convey resilience to their teams and colleagues.