



## Certificate of Achievement

# Nahid Hasan Ashik

has completed the following course:

**THRIVE IN TRYING TIMES TEACH-OUT**  
UNIVERSITY OF MICHIGAN

The Teach-Out focused on reframing concepts like thriving in terms of Positive Organizational Scholarship, showing you a way to think at both the individual and community levels and providing practices that help you thrive.

2 weeks, 2 hours per week



**Monica C. Worline, Ph.D.**

Affiliate Faculty, Center for Positive Organizations and Lecturer, Ross School  
of Business, University of Michigan  
University of Michigan



The person named on this certificate has completed the activities in the attached transcript. For more information about Certificates of Achievement and the effort required to become eligible, visit [futurelearn.com/proof-of-learning/certificate-of-achievement](https://futurelearn.com/proof-of-learning/certificate-of-achievement).

This learner has not verified their identity. The certificate and transcript do not imply the award of credit or the conferment of a qualification from University of Michigan.



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#### **STUDY REQUIREMENT**

2 weeks, 2 hours per week

#### **LEARNING OUTCOMES**

- Explain what the concept of "thriving" means to you
- Contribute your own experiences and opinions related to the current difficult times
- Explore basic positive organizing concepts such as Resilience, Gratitude, Reframing, and Social Connection
- Reflect on useful and creative solutions that help them overcome the current crisis

#### **SYLLABUS**

- Resilience
- Gratitude
- Reframing
- Social Connection