

## Statement of participation

# Nicanor Gomez

has passed the free course including all mandatory tests for:

### Developing career resilience

This free 24-hour course focused on improving career resilience, helping you to approach career-related change with greater confidence and motivation.

**Issue date:** 23 September 2022



[www.open.edu/openlearn](https://www.open.edu/openlearn)

This statement does not imply the award of credit points nor the conferment of a University Qualification. This statement confirms that this free course and all mandatory tests were passed by the learner.

Please go to the course on OpenLearn for full details:

<https://www.open.edu/openlearn/money-business/developing-career-resilience/content-section-overview>

COURSE CODE: DCR\_2



## Developing career resilience

<https://www.open.edu/openlearn/money-business/developing-career-resilience/content-section-overview>

### Course summary

This course will help you to understand the factors that influence career resilience, and offer examples and tactics for you to develop your own resilience further. This statement serves as proof of the successful completion of a course accredited by the CPD Standards Office. You have earned 24 CPD points through your participation in this course.

### Learning outcomes

By completing this course, the learner should be able to:

- understand the concept of career resilience and assess your own position
- recognise a range of external challenges and their potential to impact on your working life
- use a variety of tactics and techniques that can enhance your career resilience
- identify any external support you might need to build your career resilience
- set yourself appropriate career resilience goals and describe the actions required to achieve them.

### Completed study

The learner has completed the following:

#### Week 1

What is resilience?

#### Week 2

Personal resilience – born or made?

#### Week 3

Assessing your resilience

#### Week 4

Career resilience – dealing with external challenges

Compulsory badge quiz (score 73%)

#### Week 5

Career resilience – moving forward

#### Week 6

Building resilience – sources of support

#### Week 7

Building resilience – skills

#### Week 8

Using career resilience – what next?

Compulsory badge quiz (score 75%)