



## Certificate of Achievement

# AMIEL CADELIÑA

has completed the following course:

**PROFESSIONAL RESILIENCE: BUILDING SKILLS TO THRIVE AT WORK**  
DEAKIN UNIVERSITY

This online course explored the capabilities, skills, and self-care practices that contribute to personal and professional resilience. This will enable participants to better meet challenges both at work and at home.

2 weeks, 3 hours per week



**Marcus O'Donnell**  
Associate Professor & Director Digital Learning  
Deakin University



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 Deakin University.



## AMIEL CADELIÑA

has completed the following course:

### **PROFESSIONAL RESILIENCE: BUILDING SKILLS TO THRIVE AT WORK** **DEAKIN UNIVERSITY**

**100%**  
AVERAGE TEST  
SCORE

In a fast-paced world facing complex global challenges resilience is no longer just a desirable skill - it's a crucial one. Having a high level of professional resilience enables you to thrive in the face of stressful conditions of contemporary work and life. This online course explored the capabilities, skills, and self-care practices that contribute to personal and professional resilience, enabling participants to better meet challenges both at work and at home.

#### **STUDY REQUIREMENT**

2 weeks, 3 hours per week

#### **LEARNING OUTCOMES**

- Define and explain resilience
- Apply resilience frameworks to your professional career
- Create your own personal resilience plan

#### **SYLLABUS**

- Overview of resilience and why it's important
- Steps to becoming more resilient
- Building resilient capabilities and skills
- Building resilient self-care practices
- Building resilient values and engagement