



## Certificate of Achievement

# Natasha Newbold

has completed the following course:

**WELLBEING AND RESILIENCE AT WORK**  
UNIVERSITY OF LEEDS AND INSTITUTE OF CODING

During this course, you've learned the importance of resilience and adaptability in the workplace and why employers are looking for these skills. You've learned how to evaluate your current strengths at work and identified the true value of workplace wellbeing for your employer and yourself.

2 weeks, 2 hours per week



Sophie Pendrell  
Lead Educator



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).

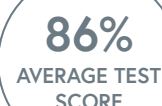
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### **WELLBEING AND RESILIENCE AT WORK** UNIVERSITY OF LEEDS AND INSTITUTE OF CODING



**86%**  
AVERAGE TEST  
SCORE

During this course, you've learned the importance of resilience and adaptability in the workplace and why employers are looking for these skills. You've learned how to evaluate your current strengths at work and identified the true value of workplace wellbeing for your employer and yourself.

#### **STUDY REQUIREMENT**

2 weeks, 2 hours per week

#### **LEARNING OUTCOMES**

- Identify the key features of resilience
- Assess the techniques for growing your resilience
- Develop a plan to improve your resilience
- Identify the key features of personal adaptability
- Assess your adaptability and develop a plan to improve it
- Demonstrate your ability to adapt

#### **SYLLABUS**

- What it means to be resilient
- How to be resilient
- Creating a resiliency plan
- What it means to be adaptable
- Assessing your adaptability
- Demonstrating resilience and adaptability