

Course Snapshot

Thursday Classes 6:30-8:30 PM
Friday Classes 11:00 AM-1:00 PM



Course Objectives

By the end of the course:

1. Participants will develop a working understanding of the course topics and apply these to their everyday problems during these tough times.
2. Participants will develop beginning skills in using specific tools to foster emotional and psychological well-being.

Topics & Tools

Class	Topic	Tool
1	Self-efficacy, growth mindset	Signature strengths
2	Stress & the brain, neuroplasticity	Stress signature
3	Emotional intelligence & regulation	Emotion identification, neuroplastic regulation, cognitive appraisal
4	Meta-cognition	Cognitive re-structuring
5	Integration	Review of above
6	Resilience	Your resilience building plan