

**3 month online
CERTIFICATE PROGRAM ON**

PERSONAL RESILIENCE



The course will introduce you to the boundaries and characteristics of resilience, changing perspectives and training self to work towards a growth mindset, practical tools and techniques to develop robust resilience and cope with stressful situations.

Who can apply?

- College students (UG and PG)
- Psychologists
- Teachers (Pre-service & in-service)
- Corporates & IT sector (Lower, middle level managers/ executives)
- Hospital staff/ care takers &
- Anybody who is ready to shape and boost your most resilient self!

Duration

3 months
(only 2 hours a week- all Saturdays)

Mode of Delivery

Online mode via
Google meet/ Zoom
platform

What you'll learn & practice

- Basics of resilience and its key components
- Exercise resilience to deal with challenging situations
- Maintain good personal resilience in face of adversity

Age

18yrs & above

COURSE COMMENCES in July 2024. HURRY!!

COURSE REGISTRATIONS OPEN!!
Last date is 25th June 2024

Please find the bank details and / or scan the QR code to make payments for the course.

COURSE OUTLINE

- Introduction to Resilience
- Components, elements, approaches
- Building Resilience
- Application of Resilience- Personal, Career, Cultural, Organizational, Climate & environmental Resilience
- Practicum

ACCOUNT NAME: Society for Social Education & Research - Madras School of Social Work
ACCOUNT No. 603601266334
ACCOUNT TYPE: Savings
BANK NAME: ICICI Bank
BANK BRANCH: CHENNAI Egmore
IFSC Code: ICIC0006036

COURSE INVESTMENT

- For students of MSSW, Chennai & UPES, Dehradun : INR 3000/-
- For all other students: INR 4999/-
- For professionals: INR 5999/-

QR code



TO APPLY, click the link <https://forms.gle/q2qFyweSsCoiLYSH9> fill out the registration form and upload the payment transaction screenshot

For any other details on the course, please feel free to contact

Dr. Priscilla Sathianathan, Chair & Course Director

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&

Dr. Sunitha Ranjan, Course Co-ordinator

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Interactions and LIVE CHATS with multi-specialists in various sectors

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**PERSONAL
RESILIENCE**

**CENTRE OF EXCELLENCE IN HEALTH PSYCHOLOGY
MADRAS SCHOOL OF SOCIAL WORK, CHENNAI**