

SUCCESSFUL
GRADUA+E

THE RESILIENCE, ADAPTABILITY AND FLEXIBILITY COURSE





ABOUT THE COURSE

Duration: 10 hours

Modules: 4

Materials: Workbook, Videos, Infographics, Quizzes

Focus: Master priority soft skills and apply them to job applications

Takeaways: LinkedIn microcredential and Certificate

WHAT IS THE RESILIENCE, ADAPTABILITY AND FLEXIBILITY COURSE?

Students will develop resilience and adaptability, enhance emotional and behavioural flexibility, and become empowered to navigate the complexities of the modern workplace confidently. By the end of the course, students will define resilience and identify its critical components, demonstrate resilience and adaptability from setbacks, develop effective communication and problem-solving skills, and better manage stress.

Critically, students also learn to apply these skills to job applications, honing their ability to articulate their importance and relevance.

The course is designed to be part of a package of online courses that are offered to students through a co-branded employability training platform, custom-built to support the value proposition of your institution.

Learning Tools

Through-out each module there are videos, 'actions for success', case studies, infographics, and 'reality checks'. At the end of each module, there are key module take-outs and a quiz to ensure students have grasped the content.

Branded Platform

We specialise in the production and delivery of unique employability training websites that comply with client brand guidelines. These sites provide ongoing student engagement with your brand and our award-winning content.

RESILIENCE

By first looking at resilience in the contexts of personal and professional life, we can delve into the essentials of resilience, helping the individual to understand how to cope at home and at work. We develop strategies to enhance personal resilience, and help students to demonstrate resilience in the face of setbacks before integrating resilience principles into professional settings.

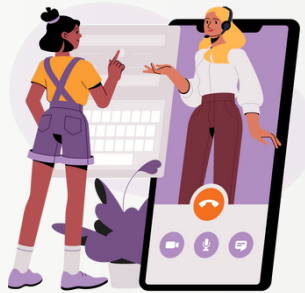


ADAPTABILITY

By understanding and cultivating emotional intelligence, students can build effective communication skills and learn how to develop collaboration for positive relationships. By learning to be adaptive, students can now develop a growth mindset and learn how to bring adaptability to their future workplace.

FLEXIBILITY

Here students consider how they can learn to adapt to change and develop adaptive strategies that will enable them to thrive in dynamic environments. We teach enhanced problem-solving skills and discuss promoting positive behavioural change. We learning to be adpatble, students can begin to evaluate and manage stress effectively.



APPLYING THESE SKILLS TO A JOB APPLICATION AND INTERVIEW

This module brings the course together by helping students to understand how employers are assessing these soft skills of resilience, flexibility and adaptability. Students learn how to apply their improved self-awareness about these soft skills to a written job application, and ensure they add these skills to their resume and LinkedIn profile. Finally, we teach students how to discuss these soft skills in their job interviews with employers.

THE SKILLS GAP

According to the Quacquarelli Symonds Global Employer Survey, employers have identified a skills gap related to the soft skills of resilience, adaptability and flexibility. Employers expect graduates to have these skills and consider this to be the responsibility of the tertiary education provider. Successful Graduate has developed this course to help address this skills gap at scale.