

Homewood Health On-line Course – Resilience

Resilience is the ability to face life's challenges, cope with disruptive change or catastrophe and, are better equipped to cope with stress that comes up.

This on-line, self-directed course, features video segments of a psychology expert and four people learning to become more resilient. The course features before-and-after testimonials, interviews with a psychologist, and step-by-step exercises.

To access this course, you will need to register for Homeweb following these 3 easy steps:

1. Visit www.homeweb.ca and click "Sign up"
2. Enter information into the required fields, choose an e-mail and password, and click "Next Step". Type in BCIT and click "Find it!"
3. Let Homewood know how you are covered under the Employee & Family Assistance Plan (example: as an employee of BCIT). Submit the additional information required and click "Sign In" at the bottom of the page

Once you have accessed Homeweb:

1. In the search field, type in Resilience
2. Scroll down and click on green button marked "120 minute course"