

Unit Award Scheme

112326 DEMONSTRATING SKILLS OF RESILIENCE

In successfully completing this unit, the Learner will have	Evidence needed
shown knowledge of	
1 what it means to be resilient	Summary sheet
2 three different ways that an individual can increase their resilience	Summary sheet
3 at least two ways resilience can improve a person's well being	Summary sheet
4 the main benefits of being resilient in the workplace	Summary sheet
demonstrated the ability to	
5 name an individual that has shown true resilience in a difficult situation	Summary sheet
6 be resilient in a given situation	Summary sheet
7 identify two of their own qualities which demonstrate resilience.	Summary sheet

All outcomes recorded on an [AQA Summary Sheet](#) (25.0 KB)

Approved 12 July 2019

Level - Entry Level