Development Topic: Building Resilience
March 23, 2020 | Issue 2 | View Online

WEBSITES | APPS
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WEBSITES
Greater Good (Berkeley)
  - *Science-based Strategies to Build Resilience*
Skills You Need
American Psychological Association
  - *Building Your Resilience*
APPS
  - *The Resilience App*

COURSES
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COURSERA
  - *Positive Psychology: Resilience Skills* (Penn)
UDEMY (Create login)
  - *Mental Resilience @ Work: Unleashing Your Highest Potential* ($10.99)
EdX
  - *Mindfulness and Resilience to Stress at Work* (Berkeley)

PODCASTS
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Being Well
  - *Introducing Resilience*
Harvard Business Review
  - *Building Resilience* (14:01)

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READING | EXERCISES
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ARTICLES
  - *Resilience is the New Happiness*
  - *Building Stronger Teams*
  - *The Road to Resilience*
BOOKS
  - *Option B* (S. Sandberg)
  - *Grit* (A. Duckworth)
EXERCISES
  - *Positive Psychology: 23 Exercises & Tools*
  - *Emotional Resilience Workbook*
ASSESSMENTS
  - *8 Resilience Scales*