

# Lessons in Resilience: How to Overcome Obstacles for Growth

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

5

**Accredited by**

Verified by GoSkills

**Pre-requisites**

No prior experience needed

**Video duration**

18m

**Estimated study time**

18m 26s

**Instructor**

Azim Khamisa

## Introduction

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### 1 Overcoming obstacles

Exploring the transformative power of overcoming life's toughest challenges, this course sets the stage for profound personal growth.

## Techniques for Overcoming Obstacles

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### 2 The cost of anger

Understanding and managing anger is a critical skill for personal growth and emotional well-being.

### 3 Finding forgiveness

Navigating through anger and its consequences requires a deep understanding of forgiveness.

### 4 Facilitating peace

Embracing diversity and fostering empathy are key to overcoming personal and global challenges.

## Conclusion

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### 5 Moving beyond tragedy

Congratulations.