

# Overcoming Adversity and Developing Resilience

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

22

**Accredited by**

Verified by GoSkills

**Pre-requisites**

No prior experience needed

**Video duration**

1h 32m

**Estimated study time**

1h 16m

**Instructor**

Azim Khamisa

## Introduction

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### 1 Overcoming all odds

## Understanding Resilience

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### 2 Becoming bulletproof

Being a "bulletproof" person, or one of resilience, is a skill everyone is entitled to.

### 3 Your Spiritual Quotient (SQ)

You may recognize terms like IQ and EQ, but your spiritual quotient is also important to maintain.

### 4 Spiritual hygiene

Just as you need sleep, nutrition, and exercise, humans also need to take care of their spirit.

## Aspects of Resilience

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### 5 Resilience vs. Fragility

When faced with challenges, an individual will either act with resilience or fragility.

### 6 Using forgiveness

Forgiveness towards another party can be the toughest place to start.

**7 Re-framing hardships**  
Spiritually bulletproof people consciously undertake the art of spiritual alchemy - they work to uncover the spiritual gold hidden inside the hardest hits.

**8 Healthy grieving**  
Grief is an uncomfortable emotion, and because of this, the benefits of grieving are often overlooked.

## Building Resilience

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**9 Building a new perspective**  
Putting yourself in another person's shoes can be the first step towards understanding their thoughts and feelings.

**10 The Forgiveness Formula**  
Often, those who experience hardships or challenges live in guilt.

**11 Changing your behaviors**  
When implementing forgiveness and finding opportunity in your mistakes, there is also room for changing your behaviors to more positively impact those around you.

**12 Asking for help**  
Being able to recognize that you need assistance is not a sign of weakness, rather a sign of strength.

## Applications of Resilience

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**13 Living authentically**  
Being intentional with how you spend your time and energy is a necessary element of resilience.

**14 Being present**  
Being present means finding a balance between passionate desire and dispassionate detachment.

**15 The Spiritual Radar**  
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In order for you to embody true resilience, you must not only recognize its value, but take action and hold yourself accountable.

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## Conclusion

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**21** Take action to become more resilient

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