

## Qualification Unit

This unit forms part of a regulated qualification.

**Unit Title:** Personal Resilience

**Unit Reference Number:** R/615/6671

**Level:** Level One (1)

**Credit Value:** Two (2)

**Minimum Guided Learning Hours:** 18

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about traits of personal resilience / mental toughness	1.1 State how the following can positively contribute to personal resilience: a) Emotional control b) Learning from experience c) Interpersonal confidence d) Confidence in abilities e) Commitment to achieving
	1.2 State why levels of mental toughness/ resilience may change
	1.3 Outline examples of what personal resilience is <b>not</b>
	1.4 Give own definition of what it means to be personally resilient
2. Be able to identify traits of personal resilience / mental toughness	2.1 From own or given scenarios, identify: a) Aspects of personal resilience being demonstrated b) Aspects of person resilience being neglected
3. Be able to identify personal areas for improvement in personal resilience/ mental toughness	3.1 State how the following could aid in developing a higher level of mental toughness/ personal resilience: a) Mindfulness b) Education c) Talking with an independent party

3.2 Identify a minimum of two aspects of personal resilience /mental toughness to improve

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3.3 Produce an action plan to work towards increased personal resilience/ mental toughness