



















## LinkedIn Learning May Challenge: Cultivate Resilience

Resilience is one of the most common traits of successful, happy people. Developing your resilience will not only help you to cope with challenging situations, but it can help you reach **peak performance** and **enhance satisfaction**, both in your personal and professional life.

This month, we invite you to participate in [LinkedIn Learning's Cultivate Resilience Challenge](#), kicking off **May 10<sup>th</sup>**.

Challenge yourself to participate every day – each one takes ~5 minutes or less. Don't have time to participate every day? No problem. The purpose of this challenge is to explore new learning opportunities and resources available through your free [FSU LinkedIn Learning](#) membership. Happy learning!

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>9</b></p> <p><b>Challenge Starts Tomorrow!</b></p> 	<p><b>10</b></p> <p><b>Video</b> : <a href="#">What's resilience?</a> (2m 7s)</p>	<p><b>11</b></p> <p><b>Video</b> : <a href="#">The resilience scale</a> (3m 55s)</p>	<p><b>12</b></p> <p><b>Video</b> : <a href="#">Resilience vs. fragility</a> (3m 55s)</p> <p><b>Pop Quiz</b> : Resilient people understand that adversity is a part of life. <input type="checkbox"/> True <input type="checkbox"/> False</p>	<p><b>13</b></p> <p><b>Video</b> : <a href="#">How resilient are you?</a> (3m 7s)</p>
<p><b>16</b></p> <p><b>Video</b> : <a href="#">Practice response to rejection</a> (2m 53s)</p>	<p><b>17</b></p> <p><b>Video</b> : <a href="#">Building confidence to deal with challenges</a> (2m)</p>	<p><b>18</b></p> <p><b>Activity</b> : List your recent achievements (big or small) and celebrate yourself!</p> <hr/> <hr/> <hr/>	<p><b>19</b></p> <p><b>Video</b> : <a href="#">Face uncomfortable situations</a> (2m 41s)</p>	<p><b>20</b></p> <p><b>Video</b> : <a href="#">Play with perspective</a> (4m 29s)</p>
<p><b>23</b></p> <p><b>Video</b> : <a href="#">Connect with your advisory board</a> (2m 42s)</p>	<p><b>24</b></p> <p><b>Video</b> : <a href="#">Setting meaningful goals</a> (2m 50s)</p>	<p><b>25</b></p> <p><b>Video</b> : <a href="#">Living authentically</a> (3m 57s)</p>	<p><b>26</b></p> <p><b>Video</b> : <a href="#">Tips for maintaining resilience</a> (2m 58s)</p>	<p><b>27</b></p> <p><b>Activity</b> : List your biggest takeaway(s) from the May Challenge:</p> <hr/> <hr/> <hr/>