



University of Pretoria Yearbook 2022

Personal resilience 862 (GIJ 862)

Qualification	Postgraduate
Faculty	Gordon Institute of Business Science
Module credits	6.00
NQF Level	09
Programmes	MPhil with specialisation in Change Leadership MPhil with specialisation in Leading in New Economies MBA Full-time MBA Modular MBA Part-time MPhil (Corporate Strategy) (Coursework) MPhil (International Business) (Coursework)
Prerequisites	No prerequisite.
Contact time	21 contact hours per 3 week-cycle
Language of tuition	Module is presented in English
Department	Gordon Institute of Business Science
Period of presentation	Semester 2

Module content

This elective aims to introduce students to the science resilience, the process of positively adapting to adversity. Specifically, in this elective students will explore the capabilities, skills, and self-care practices that contribute to building personal resilience to meet both professional and personal challenges.

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