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**COURSE TITLE: RESILIENCE UPSKILLING**  
**TRAINING PROVIDER: BAPSLH**

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**COURSE OBJECTIVE**

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Participants will undergo training on resilience, focusing on three key aspects: Fundamentals of Resilience, Self-Care Resilience, and Resilience in Challenging Times.

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**KEY COURSE INFORMATION**

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- Course Fee: BND100
- Training Duration: 1/2 day
- Mode of Training: Face to Face (classroom)
- Language of Delivery: English
- Level: Basic
- Venue of Training: BAPSLH

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**ENTRY REQUIREMENT**

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- NIL

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**CERTIFICATION**

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Certificate of Participation