

I failed again...

TACT

*My research isn't going
as well as I'd hoped...*

*I didn't speak well in a job
interview.*

Resilience Training Seminar: Building a Resilient Mind

Resilience is the ability to recover quickly when we become discouraged after facing adversity or difficult situations.

In this seminar, we will introduce practical skills for developing resilience.

By reexamining the way we view things and our everyday habits, you will learn how to build a stronger, more resilient mindset.



For: All undergraduate and graduate students, faculty of Nagoya University and Gifu University

Instructor: Mr. Tatsuhiko Kondo (JPPA Certified Resilience Trainer)

▲ [Register here](#)

※This on-demand video was recorded in FY2020.