

Main thematic	Ethique	Fablab	Initiation	Interculturel	Recherche	Transitions X
Title	Resiliency : Unleashing Your Resourcefulness and Resiliency					
Duration, in days	1					
Number of students	50					
Location	SMH	Polytech	Viallet	Presqu'île	Valence	
	x					
Activity open to all the students ?	Yes					
Educational format	Workshop/ TD					
Objectives	<p>Prepare students for management positions after graduation. Focus on two essential meta-competencies: resourcefulness and resiliency. Incorporate a combination of theoretical frameworks, practical exercises, and real-world case studies, so students will gain the knowledge and skills necessary to excel in demanding management roles and adapt to various challenges they may face in their careers.</p>					
Description	<p>By the end of this session, students will be able to:</p> <ol style="list-style-type: none"> 1. Define and differentiate between resourcefulness and resiliency in a management context. 2. Identify the key components and characteristics of resourceful and resilient individuals. 3. Understand the importance of these meta-competencies for success in post-graduation management positions. 4. Develop strategies to enhance their resourcefulness and resiliency. 5. Apply resourcefulness and resiliency concepts to real-world management challenges. 6. Evaluate their own resourcefulness and resiliency levels and create a personalized improvement plan. 					