

# Prct 486: Resiliency in Professional Life

Health is defined as an optimal state of physical, emotional, mental, social, and spiritual well-being. The focus of this course is cultivating well-being and resiliency in the workplace. Students will explore strategies and resources that can lead to meaning throughout one's career.

Z grade. 2 Credits

## Prerequisites

• Pre-Requisite P3 Status

### Instruction Type(s)

• Lecture: Lecture for Prct 486

#### **Subject Areas**

• Health and Wellness, General

#### **Related Areas**

Health Services/Allied Health/Health Sciences, General

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