

# Prct 486: Resiliency in Professional Life Pharmacy Practice

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

• Lecture: Web-based Lecture for Prct 486

## Subject Areas

• Health and Wellness, General

#### **Related Areas**

• Health Services/Allied Health/Health Sciences, General

