This course will discuss psychological capital (PsyCap) as a tool for health education and promotion, focusing specifically on resilience factors. PsyCap includes hope, efficacy, resilience, and optimism (HERO).

CliftonStrengths will serve as a secondary theme throughout the course, with the goal to recognize and increase one’s resilience factors. Through a mixture of lectures, media, and group discussion, students will work to develop higher PsyCap both personally and professionally.

**Resilience in Healthcare**

**SPRING 2018**
**Fridays**
**11:15AM-12:05PM**

**HOPE**
**EFFICACY**
**RESILIENCE**
**OPTIMISM**

**Did You Know?**
Higher levels of HERO in the job force are related to lower levels of negative health outcomes.