

Resilience Courses - Frequently Asked Questions

What are the 3 resilience courses?

- Descriptions of the 3 resilience courses (Individual, Family, and Workplace Resilience) are here: <https://publicsafetyresilience.trubox.ca/resilience/>

How long is each course?

- 3-6 hours. You can log in/out of the course, and you can easily start from where you left off.
- The activities in the Family Resilience course can be spread over a 10-week period.

Who can take the courses?

- Everyone in your agency can take the courses - there are no prerequisites and you can choose to take 1 or more courses, in any order.

Do I have to take the pre-course survey?

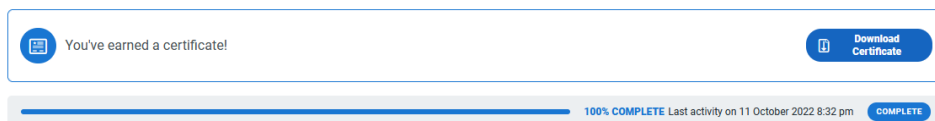
- Yes, the link in the Invitation Letter takes you to the pre-course survey that is specific to the course. *After you complete the survey*, you will then see a link & password to the course.

I didn't see the link or password to the course. How do I access it?

- The course link & password appeared on the last page of the survey.
- If you missed it, please email resilience@tru.ca

How do I get a Certificate of Completion?

- After you complete all of the lessons in the course, you will get Certificate of Completion. The download button will appear on the top of the course homepage:



How can I change my name on the Certificate of Completion?

- Full instructions are on the course homepage. Click on the button:

