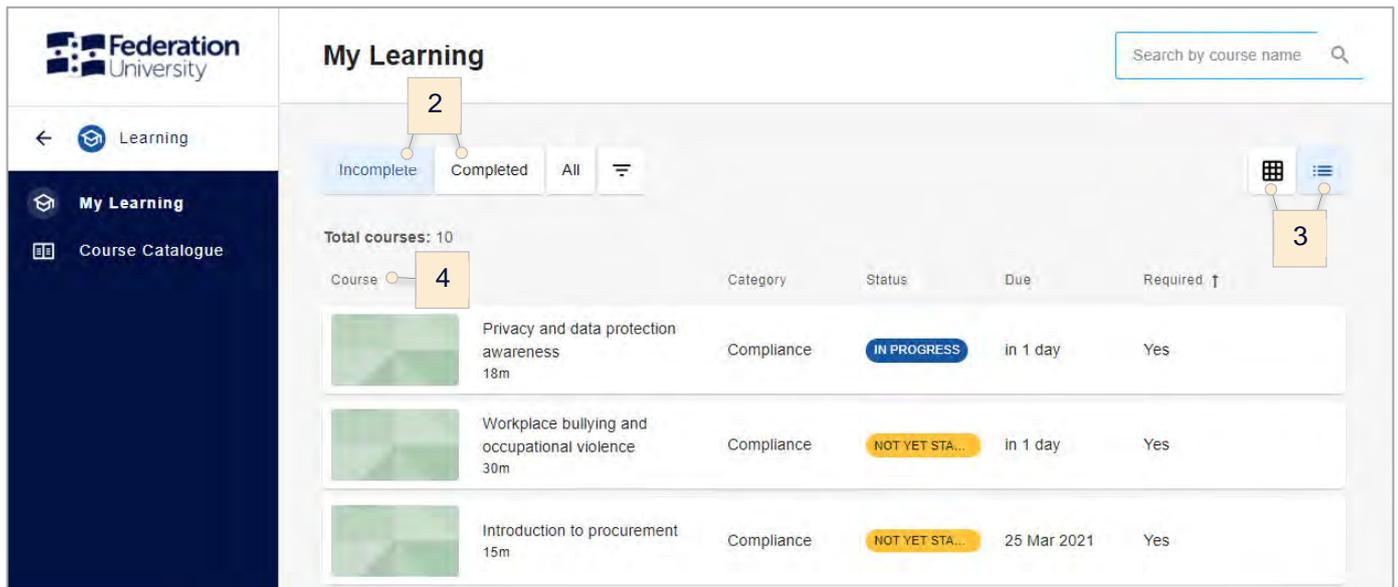


My Learning

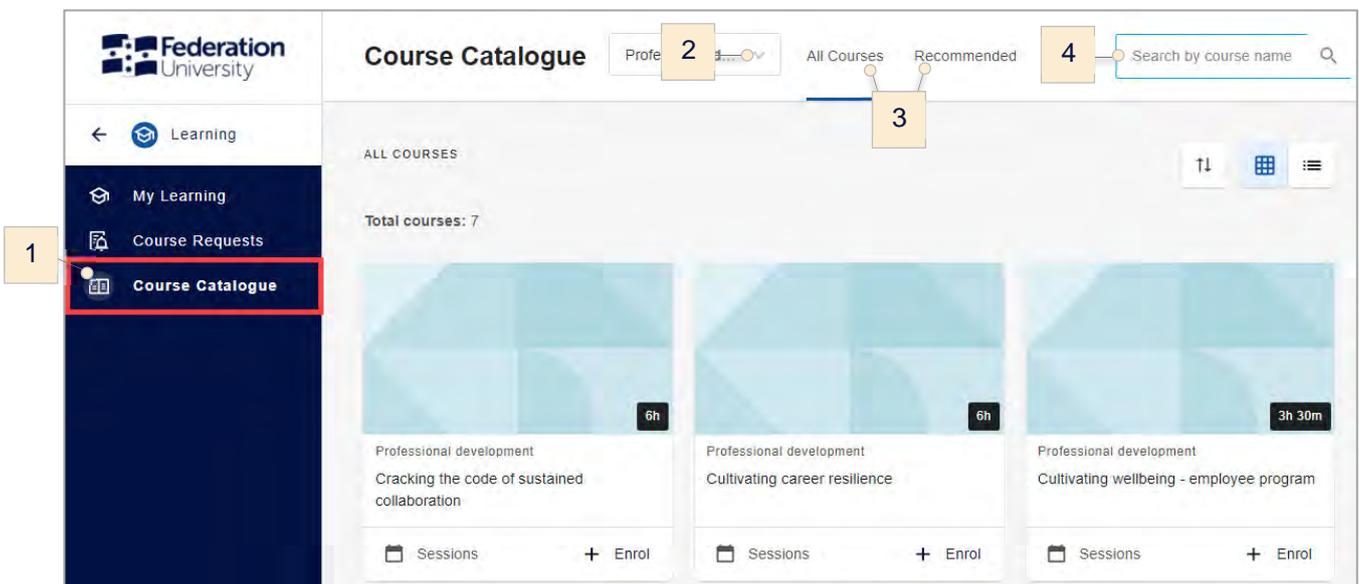
1. When you first view the My Learning page, ELMO will list the course you are enrolled into. By default, it will show 'Incomplete' courses with required courses listed first and then sorted by due date.
2. **Use the filters** (Incomplete, Completed or All) or enter text in the Search box to refine your list of courses
3. You can **change the view** from a large 'Card view' to a compressed 'List view'
4. **Sort the list order** by clicking on the table headings at the top of the course list



Course Catalogue

The course catalogue shows all available courses, including those on the 'professional development' calendar. You can browse the catalogue by:

1. **selecting the 'Course Catalogue' menu** from the left-hand navigation menu (by default, this will show you all courses available to you)
2. **using the 'All Categories' dropdown** to filter by specific category
3. switch easily between **'All Courses' and 'Recommended' courses**
4. **entering keywords** in the search bar (top right-hand corner) to find the course you are looking for.



Previewing a course before enrolling

- You can **preview course details** before deciding to sign-up for a session.
- Click on a course card or the row to see the course preview.
- **Do not use** the 'Enrol' button from this view (go to the [How to sign up for a session \(pdf, 76kb\)](#) for more information).

Course Preview

Cultivating career resilience
Professional development



Course information

Duration 6h

Target audience

- All staff

Learning outcomes

Part one:

- understand the case for career resilience;
- identify and consider the competencies required to maintain employability as well as consider career constraints;
- understand the Career Resilience Framework; and
- understand core components of career management.

Part two:

- apply basic business planning processes to careers;
- facilitate career resilience through career conversations, including:
 - the dynamics of an effective career conversation
 - assessment of personal sensitivities about career conversations with our manager
- identify and build a supportive professional and personal network; and
- establish a personal board of directors to maintain career resilience.

Copy link

Enrol