



Course Title: Building Resilience: A Science-Based Approach

Course Code: WELL 06

Instructor Name and Bio: Antoine de Morree, PhD.

Affiliate Scientist, Neurology & Neurological Sciences, Stanford. Antoine de Morrée's work has been published in numerous scientific journals, including Science and Nature, and he has received multiple awards for his research and leadership. He is a Stanford-certified compassion facilitator and co-author of the book *Magnetic: How Great Leaders Persuade and Inspire*. He received a PhD from Leiden University, the Netherlands.

Class Sessions and Recording

Meeting days and times: Mondays 7pm-8:50pm PT

Meeting location: Zoom (details will be shared with registered students prior to first class meeting)

The class sessions will be recorded. Recordings will be made available to all students. However, recordings will only cover the lecture part of the class, and not any of the breakout-group activities. For grading, students are expected to attend sessions live.

Zoom etiquette: The Zoom room will be set to automatically mute participants and keep your video off upon entry. If you are in a noisy area, we ask that you keep yourself muted unless you are actively participating or asking a question. If possible, you are strongly encouraged to leave your video on during class so that we can see each other's faces and build our class community. This goes in particular for the small breakout group sessions.

With this in mind, however, it is a difficult time for everyone, and we should all strive to be flexible, understanding, and accommodating of one another. I encourage all of you to make our class time together special. For some of you, that might mean a time that is free from distractions, while for others it might mean eating dinner during class or sitting down for class with your favorite beverage.

Life happens, so if you need a stretch break, bathroom break, tea refill, or to care for a pet or child or loved one during class, please feel free to turn your video off for a few minutes to take care of yourself & others.

Course Features:

- Live session
 - Lecture, discussions, and practice time for students
 - Requires interaction and active participation
 - Requires camera for break-out group activities
- Assignments & Coursework
 - Assignments and course materials posted in Canvas
 - Instructor will provide feedback on assignments
 - Weekly readings and exercises are provided but not required
- Individual conferences available by request

Course Summary

**Please see course page for full description and additional details.*

Grade Options and Requirements

- No Grade Requested (NGR)
 - This is the default option. No work will be required; no credit shall be received; no proof of attendance can be provided.
- Credit/No Credit (CR/NC)
 - Students must participate in all of the live sessions. If you are late, please join when you can. If you cannot attend a session, but are in need of grading, please reach out to the instructor
- Letter Grade (A, B, C, D, No Pass)
 - Students must submit two written reflections in addition to participating in all live sessions.

**Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose either the Letter Grade or Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.*

Textbooks/Required Materials

No textbook is required. Throughout the course you will receive titles of books recommended for further reading.

Assignments

There is no assignment or preparation ahead of the first class.

There are two written assignments that invite the student to reflect on a home exercise. One to conclude Part 1 of the course, and one to conclude Part 2 of the course.

Tentative Weekly Outline*

*exact course topics, readings, and assignments subject to change

Introduction

Week 1. (April 3) Resilience, deconstructing and building.

Guided discussions on what is resilience, and how can we study and learn it. You will reflect on and discuss your own perspectives.

Part 1: Looking inward. Understanding and navigating mind and emotion

The first aspect of resilience is understanding what goes on in your mind when you feel sad, angry, or happy. You will gain a framework to analyze and discuss their own minds and emotions, together with exercises to help them evaluate and guide their emotions.

Week 2: (April 10) Finding solid footing in times of stress, by tapping into inner support.

When you feel alone, it is important to find support, either externally or internally. This session will include a technique to find internal support. The second hour of class will delve into the evolution of the mind. How do mind and emotion work, how did they evolve, and how can mind and emotion enhance or inhibit our functioning?

Week 3: (April 17) Awareness and attention.

Our mind has a powerful attention spotlight. Being able to adjust what is in focus and what is not is of great help in times of adversity.

Week 4: (April 24) Personal values and identities.

How you think of yourself and how you think others see you has a great influence on how you feel and act. This session will delve into the use of identity to recharge.

Part 2: Looking outward. Resilience when dealing with others.

The second aspect of resilience hinges on how you deal with others. When you are ready to bounce back, can you pull others along? When others are causing the stress, can you face them constructively? And, when others in distress need your support, can you offer it?

Week 5: (May 1) Finding purpose

Focus on a positive future helps to navigate out of a stressful situation. This session will explore how to find purpose and meaning.

Week 6: (May 8) Dealing with opposites.

The things that cause stress are often also the things that bring happiness. Students will learn to navigate those opposite feelings.

Week 7: (May 15) Compassionate leadership

Leaders must recognize stress among their teammates and help mitigate it. You will learn how initiate and continue dialogue with someone experiencing stress.

Helping others is psychologically beneficial. This session also delves into how to help others when you feel resistance.

Conclusion

Week 8: (May 22) Shared experience.

We routinely compare ourselves to others but too often focus on the wrong things and are left feeling that the grass is greener on the other side. You will learn how comparisons can be a strength and how they can be detrimental. We will also discuss what is next and how you can continue building resilience after the course ends.