



Course Goals

Welcome!

You have now taken an important step in building your personal resilience. This is a great step in gaining personal understanding, enhancing your skills, and building your mental fitness. At Air we believe the brain is like a muscle that can be stretched. Research shows that we can grow and develop at any age. No matter what your baseline level, there are endless opportunities for more growth, flexibility, and endurance.

I am taking this course because...

Before we begin, please take a few minutes to think about what you are hoping to get out of this course.

Something I'd like to learn more about is...

After this course I hope that I will...