

# Learning Activity

## Module 5: Change

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Check out your transition capabilities with the resilience quiz (linked here) from Mindtools. Do you bounce, catapult or slow bowl your way through challenges and change?

The wonderful Anita has also created a meditation to support us in times of change. It is a beautiful reminder to check in with yourself and acknowledge any confusion, doubt, or fear you may be facing. These can be signs of strength and growth. You can watch Anita's meditation in our Online Learning Portal!

