



Trust Building and Resilience Development

SEHG-SV-2640 · Business · approx. 9 min seat time · English · 100% online, self-paced

Accreditation & industry alignments: none verified on record — institutional accreditor mapping pending

COURSE DESCRIPTION

Welcome to the Trust Building and Resilience Development course. Creating relationships that are built on trust, and having the tools to be resilient are crucial in creating a workplace that is safe and a stable place for all to work. This course will introduce you to your company's responsibility with regard to promoting honesty, as well as how to deal with the inevitable changes that come along with building a stronger business.

WHO THIS COURSE IS FOR

Working professionals, team leads, and career-changers who want practical, job-ready Business skills — no prior coursework required. Teams and organizations can enroll groups for consistent, measurable upskilling.

SKILLS & LEARNING OUTCOMES

Upon completion, the student will be able to:

- Gain the trust of employees by empowering them.
- Promote transparent communication.
- Keep the promises you make.
- Identify different personality types and how to work with them.
- Respect all those you work with.
- Keep stress at bay.

WHAT'S INCLUDED

- 1 clock hour(s) of self-paced online learning
- 12 course modules
- 9 instructional videos — 9 minutes of total video runtime
- This syllabus (PDF), downloadable for reference
- Official SEHG Certificate of Completion upon finishing the course
- Language editions: English

Delivered 100% online and self-paced in the SEHG learning platform. This section lists the materials currently delivered for this course.

MODULE MAP

- **Module 1 — Introduction**
 - Course Objectives
- **Module 2 — Empower Staff**
 - Set Expectations
 - Accept Input
 - Delegate
 - Supply Resources
- **Module 3 — Transparent Communication**

- Verbal
- Non-Verbal
- Honest Feedback
- No Gossip
- **Module 4 — Keep Promises**
 - Be Organized
 - Stay Motivated
 - Don't Overcommit and Under Deliver
 - Keep Track
- **Module 5 — Respect**
 - Position
 - Opinion
 - Time
 - Strengths/Weaknesses
- **Module 6 — Develop Positive Relationships**
 - Get-to-Know Colleagues
 - Manage Boundaries
 - Collaborate With Others
 - Show Appreciation
- **Module 7 — Personality Types**
 - The Leader
 - The Analytical
 - The Amiable
 - The Expressive
- **Module 8 — Change: Acceptance and Management**
 - Change is Constant
 - Dealing With Evolution
 - The Other Side
 - Integrate the Change
- **Module 9 — Overcoming Adversities**
 - Recognize Mistakes
 - Fix Mistakes
 - Evaluate Your Improvements
 - Avoid Same Mistakes in Future
- **Module 10 — Stress Management**
 - Exercise
 - Balanced Diet
 - Sleep
 - Work Under Pressure
- **Module 11 — Stay Motivated**
 - Keep End Goal in Mind
 - Be Optimistic
 - Like-Minded People
 - Reward Yourself
- **Module 12 — Assessment**

COMPLETION & CERTIFICATION

Completion-based: a certificate of completion is issued after all course videos have been viewed.
 The certificate of completion is non-credit. This course does not currently carry academic credit or CEUs.

OFFICIAL SEHG CERTIFICATE

Graduates receive the official Synergy University Education Certificate of Completion — issued by the Office of the Registrar with a unique credential ID, shareable to LinkedIn and verifiable online.

Every certificate carries a unique credential ID — verify at:

SynergyEducation.AI/verify

SUPPORT, ACCESS & POLICIES

- Support: CEO@SynergyEducation.AI
- Accessibility: ADA/WCAG 2.1 AA-first delivery; accommodations available on request.
- Academic integrity and refund policies: per SEHG student handbook.

Enroll Today

Tuition per learner (Essentials tier) — enroll online with the course code below.

\$49 · SEHG-SV-2640 · SynergyEducation.AI

Also available: instructor-led workshop kits for teams — in-person training agendas, playbooks, and facilitator materials built on this course. Contact CEO@SynergyEducation.AI.