

Resilience in Work and Life (prior name: The Pursuit of Meaningful Work)*
UGBA 157.3
2 Units/Credits
Mondays: 2:00-4:00
Mode of Instruction: In-Person
Method of Delivery: Both Synchronous and Asynchronous

Instructor: Mike G. Katz
Email: mikegkatz@berkeley.edu
Office Hours: Wednesdays
12:00–1:00

Fall 2021 Flyer

Course Overview

This course supports you in cultivating resilience for contexts that matter to you. Resilience allows you to see your toughest challenges as invitations for personal development. You feel it as a felt sense, an inner capacity, what various research publications refer to as emotional agility, cognitive flexibility, mindset, and grit, among other concepts. Through practice, you can develop this capacity, and take greater interpersonal risks in the service of who you want to become. This course provides the space, the concepts, and the tools for such practice.

The aim of the course is to increase your skillfulness in:

1. Diagnosing specific sources of pressure that support or dampen your resilience
2. Identifying opportunities to resource yourself and shift into a resilient response
3. Designing safe-to-fail practices that support aspirational changes in your behaviors and mindsets

This course will serve as a living laboratory for your personal evolution and transformation. Specifically, you will bring your own personal case studies to class, drawn from your life experience, and process them in peer consultation groups. In order to create the felt sense of pressure just right for your growth, these cases will center on your past failures and current struggles. Using the concepts, frameworks, research, and cases discussed in class, you will review and process your own examples to discover ways of responding to your challenges that promote personal learning and growth.

The deliverables will include a peer review ranking in their consultation groups as well as several reflection memos from the group experiences and the lab experiences.

**Students who took the course "The Pursuit of Meaningful Work" cannot enroll in this course*