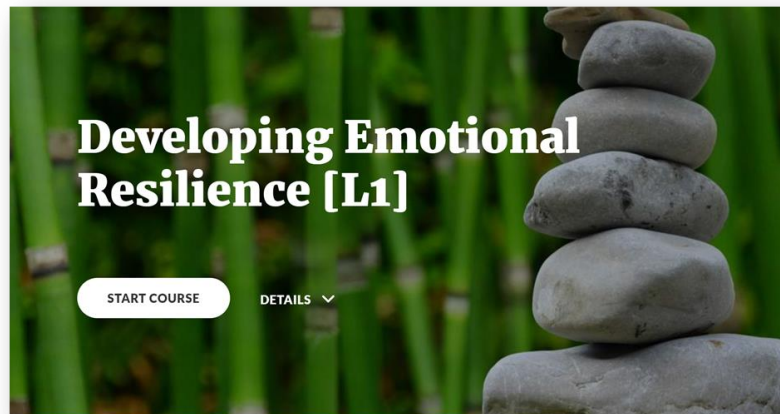




Learner Guidance Notes

Thank you for undertaking the following qualification:

OCNLR Level 1 Award in Developing Emotional Resilience



Clicking on the picture above will take you directly to an online e-learning resource for the **Level 1 Award in Developing Emotional Resilience** (603/3121/5)

Should you encounter any difficulties in following the above 'picture link', you may copy and paste the following address into an internet browser of your choice (on PC, Mac, mobile devices):

<https://ocn.eportfolio.org.uk/Forms/courses/developing-emotional-resilience/content/index.html>

This online resource will provide you with information and activities to help promote your own independent study in this subject area.

Please note that the learning checks within the online e-learning course are non-assessed. They are there to support your development and understanding only.

Formal assessment is required in order to obtain this qualification – your learning centre will advise how to access these.