

# Frequently Asked Questions

**Course Title:** Fostering Accountability, Adaptability, and Resilience

**Course #:** 4080

**Duration:** 2 Days

**Delivery Method:** Instructor-led live classroom

**Alternative Delivery Methods:** Instructor-led online (synchronous)

## 1. What business or organizational need does this course address?

Develop the accountability, adaptability, and resilience (AAR) skills you need to perform your role effectively and meet organizational goals. While AAR may seem like innate traits, they can be learned through a methodical approach that allows you to practice self-awareness and proactivity. Through activities, discussions, and self-assessments, you'll learn AAR best practices and optimize your leadership role in the workplace.

## 2. Who should attend?

This course is designed for leaders at any level who are faced with managing themselves or their teams when dealing with challenging situations.

## 3. What will I learn how to do in this course?

- Assess how accountability, adaptability, and resilience improve individual and organizational performance
- Use appropriate techniques to foster effective accountability in yourself and others
- Analyze strategies for supporting adaptability in the workplace
- Assess strategies for maintaining resilience and balance during challenging situations.

## 4. What kinds of activities are included in this course?

Individual, small-group, and large-group exercises; lecture, discussion, and case study

## 5. Are there prerequisites for this course?

Suggested:

- [Leadership and Management Skills for Non-Managers](#)
- [Interpersonal Skills: Developing Effective Relationships](#)

## 6. Do I have to complete any prework for the course?

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There is no prework required for this course.

## 7. Is this course applicable toward a professional certification?

No, this course is not applicable toward a professional certification. However, many Management Concepts courses do prepare you for professional certification programs. Click [here](#) to see a full list of professional certification programs that are supported by Management Concepts training courses.

## 8. Does this course count for credit toward a Management Concepts Certificate Program?

This is an elective course in the following program(s):

- [Business Analysis and Requirements Management Master Track](#)
- [Supervision Certificate Program](#)
- [Human Resources Certificate Program](#)
- [Project Management Master Track](#)
- [Agile in Government Master Track](#)
- [Program Management Certificate Program](#)

## 9. What credits do I earn by completing this course?

The following credits are available for this course:

NASBA CPEs: 16

NASBA Field of Study: Personal Development

NASBA Level: Intermediate

CEUs: 1.3

PDU: 14

CLPs: 16

## 10. What course(s) do you recommend after I complete this course?

- [Leading Organizational Change](#)
- [Leadership Skills & Techniques](#)
- [Engaging Leadership](#)
- [Critical Thinking for Problem Solving](#)
- [From Tactical to Strategic Thinking](#)
- [Breakthrough Problem Solving](#)
- [Decision Making](#)

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## 11. What are Additional Features?

Most courses and training solutions have **Additional Features** designed to help every learner master and retain the concepts explored in the course. You can see which Additional Features are added to this course on the course page under the **Learning Objectives & Additional Features** tab – and for a more detailed exploration of our Additional Features, you can visit [this web page](#).

## 12. What's in it for me?

Leaders at all levels can benefit from practicing accountability, adaptability, and resilience. This course provides practical strategies for incorporating these skills into your day-to-day personal and professional life. The result is increased engagement, morale, and ultimately, productivity.