



## OCN London Sample Course Details

### Course Title

Developing Personal Emotional Resilience (Level 2)

### OCNLR Qualification Title

Title	Qualification No.	Credits	GLH
OCNLR Level 2 Award in Emotional Resilience	603/1363/8	6	48

In order to gain the Award the learner must achieve 6 credits at Level 2 from the two mandatory units.

Click [here](#) for the Qualification Guide

### Selected Units from above qualification

	Unit Title	Unit Level	Credit Value	Unit Code
1	Developing Skills in Emotional Resilience	L2	3	<a href="#">HB1/2/LQ/059</a>
2	Developing Self-Awareness of Emotional Resilience	L2	3	<a href="#">HB1/2/LQ/060</a>