

Human Asset Management: You Are Your Thoughts ^[1]

The purpose of the course is to help participants draw on the strengths of their individual experiences to understand what motivates them, assess their resilience, nurture self-happiness, and generally be positive pioneers of meaningful futures.

Program Level: Basic

Prerequisites: None

Advanced Preparation: N/A

Instructional Method: Group-Live

Instructor: [Normandy Roden](#) ^[2] and [Tamara Moore](#) ^[3]

Recommended CPE Credit: 1.0 Hours

Field of Study: Personnel/Human Resources

Course Objectives:

At the end of the course, participants will be able to:

- Identify key motivators for facing personal and professional challenges;
- Describe the importance of a pioneering spirit in personal and professional development; and,
- Assess their individual resilience quotient.

In addition, participants will learn about:

- Techniques and apps to promote self-happiness every day.

Course Materials:

- [Presentation](#) ^[4]

Program Policies ^[5]

NASBA Statement:

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Links

- [1] <https://www.cu.edu/controller/cpe-cpas/course-catalog/human-asset-management-you-are-your-thoughts> [2] <https://www.cu.edu/controller/normandy-roden-cpe-instructor>
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[4] <https://www.cu.edu/controller/policies/presentation-cpe-course-nurturing-pioneering-spirit>
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