

2. Beschreibung

Format: Online 8.30 – 17.30 Uhr
Kursprache: Englisch

Teilnehmer: 10 – 14
Termin: tbd

Titel: Work Resilience

Train Your Resilience - How to Gain More Stability and Flexibility!

We all live under stressful circumstances. How do some people succeed in being flexible and happy in spite of hardships or big challenges? They seem to quickly recover from critical situations and setbacks and even grow and are more confident after. In short: They are resilient. This inner strength shows especially under stressful circumstances. You work in a high demand environment? There is more to endure in other areas of your life? You need resilience in order to stay cool and calm, to make reasonable decisions, to feel empowered and strong, and to re-energize quickly. Resilient people prioritize, validate and use their resources so that time and energy keeps focussed. Create your own strategy and train your resilience.

Content

What is Resilience?

- Scientific background of positive psychology and impact on your personal resilience.
- Resilience, emotional intelligence, salutogenesis, coping strategies against stress – how are these interlinked?
- Knowledge about stress and the four screws of control
- Your self-efficacy in life and at work.

Factors and Key-Elements of Resilience

- The seven keys to resilience: from emotion regulation to goal-setting.
- Methods and exercises: from mindfulness to constructive ratio.
- Step by step to more resilience – a training program.
- Change of perspective and observe from different points of view.
- Interdependence of body-mind-emotion.
- Awareness of constructive and destructive thinking patterns.
- Leading yourself to more empowerment and abundant resources.
- Set your goals out of your comfort zone.
- Draw your personal training program.

Your Benefits

- You get to know the 7 pillars of resilience.
- Your sharpened self-awareness, tolerance and acceptance gives you calmness.
- You strengthen your resilience and your resources via your personal training program.
- Storms and turbulences don't affect you that much.
- You are aware of and use a bigger scope of actions and possibilities.
- You watch out for yourself and set realistic goals.
- You know your sources of energy and well being.