



Resilience seminar

Using your own strength

Seminar objective

How can we optimize our handling of stressful situations in everyday work life? Keep calm and practice mindfulness in the process? - Trust your own strength and work even harder on believing in yourself. Transform stressful situations into ones that give you positive energy. The seminar is aimed at the personal needs of the participants. You will go in search of your individual keys to stay calm and composed in crucial situations. You sharpen your perception of yourself and take responsibility for your own actions. Often, working on your inner attitude and activating your own resources helps you to deal with challenging situations in a more positive way.

Seminar content

Managing stress through resilience: The personal resilience profile

- Introduction to better handling stressful situations - promoting resilience
- What triggers stress? - An individual question about drivers and brakemen of stress
- Core elements and methods of resilience
- How do I take more responsibility for my feelings?

Conflict awareness and resilience:

- What strengthens me and what weakens me?
- Recognizing and acknowledging (inner) conflicts
- Dealing with difficult situations
- Working on individual thought patterns in dealing with difficult situations

The power of inner attitude to strengthen resilience:

- Adopting a positive attitude toward oneself
- Constructive and destructive thinking patterns
- Staying calm when it counts
- The key to strengthening resilience

Transfer to everyday life

- Working on your own personality and resilience profile
- Transfer to everyday work using examples

Methodology

Exercise examples Supervision Moderated discussion Short trainer inputs Exchange of experiences and discussion Case studies

Target audience

This seminar is aimed at employees at all levels who want to know their own resources better and use them to overcome personal challenges.

The seminar requires the willingness to work together with the other participants on personal examples and questions.

Course ref.

PE4015

Participants

not more than 9 participants

Schedule

1. Day: 10:00 - 17:00
2. Day: 09:00 - 16:00

Location & dates

Münster

26.08.2024 - 27.08.2024
10.03.2025 - 11.03.2025
24.07.2025 - 25.07.2025

Hamburg

24.06.2024 - 25.06.2024
02.12.2024 - 03.12.2024
03.07.2025 - 04.07.2025
01.12.2025 - 02.12.2025

Frankfurt am Main

24.02.2025 - 25.02.2025

Munich

14.04.2025 - 15.04.2025

Fee

1.150,00 € (ex. VAT)
1.368,50 € (inc. VAT)

Included in the price: Working documents, certificate of participation, lunch and coffee breaks



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Ich melde mich/Wir melden uns zu folgender Veranstaltung an:

1. Teilnehmer

Name/Vorname

E-Mail

Mobilnummer

Veranstaltung Seminarcode

Ort Termin

Firmendaten/Rechnungsempfänger

Firma

Rechnung (Name)

Straße/Nummer

PLZ/Ort

Telefon/Fax

Branche

Datum

2. Teilnehmer

Name/Vorname

E-Mail

Mobilnummer

Veranstaltung Seminarcode

Ort Termin

Anzahl der Mitarbeiter in Ihrem Unternehmen

Kundennummer

Anmeldebestätigung (E-Mail)

Unterschrift