

# RESILIENCE

Working increasingly faster and more: In almost all industries, managers and employees are required to complete more tasks in the shortest time possible. In this seminar you will learn to recognise your own behaviour and develop methods to better cope with challenges and difficult situations. You will learn how resilience is built and how to strengthen and increase your own personal resilience.

## FACT SHEET



### TARGET GROUP

This training is aimed at employees of all professional areas, who are interested in strengthening their own resilience or that of their team. The aim of the seminar is to build the participants' resilience, to manage challenging and demanding situations better.

### OVERVIEW

- The resilience competencies and their components
- Self-management and constructive regulations of emotions as a success factor
- Coping with challenges: Overcoming obstacles, difficulties and defeats more effectively
- Methods for dealing with stress
- Developing an action-driven mind-set and applying a solution-oriented way of thinking and working
- Methods for developing self-efficacy, optimism and confidence
- Recognising and expanding personal resources as well as energy and potential sources
- Applying behavioural changes in everyday life

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## MAIN FOCUS

- Analysing one's own mind-set and behavioural pattern when facing pressure, crisis and stress; understanding your personal resilience profile
- Effective methods for dealing with difficulties and stress as well as for increasing emotional and mental strength
- Recognising personal sources of strength and using them
- Developing an individual action plan

## COURSE CONTENT

The following points provide an overview of possible course contents. The course content is based on the individual needs and requirements of the participant.

### Clarifying the situation, analysing the state of play

- Resilience and stress management in professional everyday life
- Possibilities for developing one's own mental resilience
- Analysing your own resilience profile
- Analysing the state of play: how have I dealt with challenges and difficult situations so far?
- Recognising rooms for improvement and initiating change
- Personal and professional efficacy

### Identity, values, influences, inner drives

- The power of thoughts
- Rethinking basic patterns, attitudes and assessments
- How thinking, patterns, feelings and actions are connected and impact each other
- The wheel of awareness
- Changing one's own negative dogmas

### Inner resilience

- The 7 columns of resilience
- Development of key competences for the individual columns
- Prerequisites for resilience: Awareness: and empathy for oneself

### Heteronomy – self determination

- From feeling to action and how we can actively control them
- Assuming responsibility for one's own actions
- Personal assessments/attitudes

### Building up resources and courses of action

- Gathering one's own resources
- Solving problems systematically
- Physical techniques (training for short-term relaxation, breathing in five stages)
- Practical training to increase one's own hedonic potential

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