

Potential target group: teams in organisations

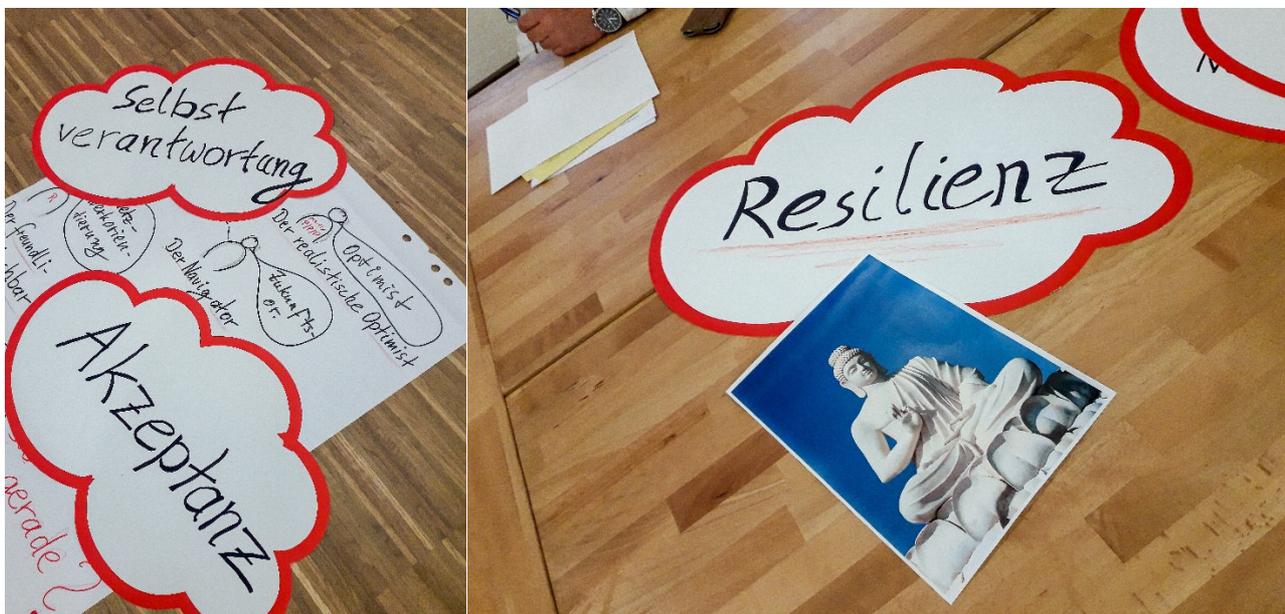
Brief description:

The participants of this workshop get introduced to the seven pillars of resilience. Resilience is often referred to as „inner strength“ or „inner immune system“ that can be developed by training.

Our „inner strength“ helps us to grow when we face challenge, makes us feel capable of acting and equally maintains our health and well-being. Resilience stands for active self-care and stress-regulation.

In the workshop the S-O-R-C-model will be used. By using the model, stressors in the work environment can be described and individual possibilities to cope with it can be found. To enhance this process an „inner resilience-team“ will be introduced to make the seven pillars applicable for stress coping and self-regulation.

Being open minded and willing to self-reflect would optimize the outcome of this workshop and make it an exciting day for everyone!



Content:

- Definition of resilience, introduction of the seven pillars of resilience (acceptance, optimism, self-responsibility, self-regulation, solution orientation, building up networks and relationships, future orientation)
- Profound and self-reflective exercises
- Insights that can be used for stress-regulation on a daily basis
- Proven „quick-skills“ that help one to act more resilient
- Exercises on self-care (by way of example: „respecting your limits“)

Objectives:

- Participants find customized ways to overcome stress that can be used on a daily basis
- Participants find theoretical basics on resilience
- Participants work out ways to deal with emotional aspects of stress (emotional dissonances) in a flexible and healthy manner (self-regulation)

- Overall the workshop conveys the competence for a healthy mindset to stay motivated and balanced during work operations

Methods:

speech, group-work, self-reflection, creative and experience-related methods, imagination, mindfulness stress-reduction

Number of participants:

6 to 12 people

Duration:

7 hours work time (+1 hour lunch break)

Price: on request

