

Resilience-Coaching

Potential target group:

Employees and leaders

Brief description:

In your work life you feel motivated and capable of handling many challenges simultaneously. In order to maintain your balance it is vital to proactively regulate stressors by finding individual and meaningful ways of coping and compensating.

During these six coaching sessions you will explore your own steps to a resilient mindset including effective ways for stress- and self-regulation. The S-O-R-C-model will be used.

By using this model, stressors in a work environment can be distinguished and described. Furthermore 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 of resilience more applicable for stress-coping and self-regulation.

This coaching approach does not only aim on focusing on yourself and your way of coping with stress. It also aims on developing profound strategies to achieve motivation and health.

The sessions include small training-units to broaden your knowledge on resilience and the mechanisms of stress. This all leads into introducing effective ways into self-care and self-coaching.

Procedure:

The following steps guide you through your coaching-process

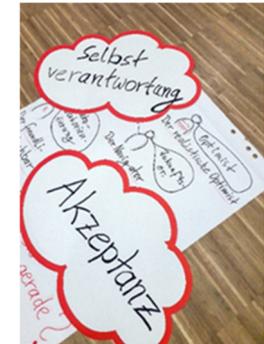
Initial pre-interview:

Self-evaluation (short questionnaire) to state objectives



First session:

- Short introduction: Why do people need resilience in modern work-life?
- Determination of your stressors with the S-O-R-C-model
- Classification of stressors in terms of intensity
- Describing your most intense stressor in details



Second session:

- Introducing the „inner-resilience-team“
- Mastering the most intense stressor

Third session:

- Reflecting on how you experienced managing the stressor from last session
- Working out amendments if necessary
- Working on more stressors with the „inner-resilience-team“

Fourth session:

- Giving input on: How does our organism react on stress?
- Building up self-care and self-coaching-skills
- Reflection and integration of learning-experiences associated to the coaching-process so far

Fifth Session:

- Deepening self-care and self-coaching skills
- Integrating insights and experiences

Sixth Session:

- Coming to an „agreement with yourself“: *my resilient way of dealing with stress on the daily basis: these are the things that I want to pursue...*
- Reviewing the objectives of the initial interview
- Scheduling in a skype or phone conversation to evaluate your results and plans six months later (this conversation is already quoted in and won't be charged extra)

The six sessions should be aligned to your specific needs. If your coaching-process reveals that working on beliefs, placing limits or other things are of more avail, this will be taken into consideration.

Participants will be given assignments between the sessions.

Methods:

The „inner-team“ by Schulz von Thun, imaginations, S-O-R-C-model (stressor, organism, reaction, consequence), self-reflection, creative and experience-related methods, mindfulness.

Duration:

6 sessions á 1,5 hours, interval between sessions should be four weeks.

Price: on request

Contact:



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