

Resilience - How to Avoid Breaking Down in a Crisis

Content and goals

Resilience is our psycho-spiritual capacity to resist and adapt. It helps us to act decisively and confidently in turbulent times - or even times of crisis - in a way that does not allow us to break under our burdens, but in the best case even allows us to grow from them.

But how is this capacity for resilience achieved, or rather, how do we succeed in maintaining and strengthening our own natural resilience?

This event teaches participants what the basic prerequisites of human resilience are, and how one's own resilience can be specifically promoted.

Topics

- What is resilience, where does the concept come from, and which qualities - as has been scientifically confirmed - are the central pillars of resilience.
- Why is there not only one resilience factor, but rather, why diversity and balance are decisive for leading a resilient life.
- what can you specifically do to make their capacity for resilience more accessible - in everyday life, but also in periods of psychological and emotional stress.

Trainer

Our trainers are specialists in occupational health management or psychologists with many years of professional experience as occupational and organizational psychologists.

Duration

Lunch Session	1 h: Theory
Workshop	2 h: Theory and practice
Training	4 h: Theory, practice and experience

Target audience

Executives/management, employees, trainees