

Resilience for Employees

Dealing with Stress without Losing Your Cool

 Präsenztraining

Dauer : 2 Tage (14 Stunden)

Nr. : 17569

Inhouse-Paket : Auf Anfrage

Resilience is the ability to remain healthy so that you can stand your ground even if living and working conditions become difficult. Studies have shown that we can influence our ability to experience happiness and inner stability by employing different skills. Our abilities of perception and the ability to mentally steer our actions are some of these very basic skills. The aim of this basic training is to become familiar with these fundamental factors which promote resilience.

Wer sollte teilnehmen:

Zielgruppe

Employees from all areas of the company, specialist departments and project groups which would like to stabilise their own resilience in order to better strengthen themselves for challenges in the future.

Voraussetzungen

No particular previous knowledge.

Trainingsprogramm

Resilience:

What is resilience? - What is it good for? - Pillars of resilience: Attentiveness, acceptance, solution orientation, optimism, self-effectiveness, responsibility, future-orientation, network orientation.

Identifying Resources:

Taking stock: What resources do I have? - Identifying energy thieves and seeing challenges as opportunities.

Attentiveness and Perception:

Self-perception: Body scan - Meditation - Identifying perceptions, values and patterns - Life is change - Listening to your inner voice - Consciously changing your mental state through perceptions.

Healthy Strategies:

The power of inner images - Identifying and changing stress images - Healthy Imagination: Attentiveness and controlled attention - Convictions and identifying their consequences - Familiarising yourself with modification opportunities - Solution-oriented visualisations.

Happiness and Resilience:

Happiness and health: Strength orientation, Recognising and using attitudes and behaviour as the basis for a healthy

lifestyle.

Methods:

Short lectures, exercises, discussions

Schulungsmethode

Short lectures, exercises, discussions