

RESILIENCE - KEEPING YOUR BALANCE IN STRESSFUL TIMES



For 62% of Germans the biggest wish for 2016 was to have less stress. Increasing demands at work and at home are putting people under pressure and permanent tension. However stress is not a bad thing in itself. Indeed it guarantees our survival and stimulates us to peak performance and pleasure – it's all a question of the intensity, the duration and whether we ensure enough phases for recuperation and recovery.

This seminar helps you analyse your own personal experience of stress and to develop your own tailor-made strategies for coping and for more calmness/composure. You learn to avoid the triggers for your feelings of stress or to change your attitude to them; you rethink your stress-inducing thought patterns and learn to prevent stress and reduce your stress level in acute situations.



IF YOU ATTEND THIS SEMINAR ...

- You will understand what happens to your mind and body when you experience stress and how this can affect your health
- You will understand better why you get stressed and learn new strategies to prevent or reduce your stress, and to enjoy more balance and calmness;
- You will know how to boost your energy and resilience through a healthy work-life balance;
- Be sensitive to your personal signs of stress overload and know how to react.

CONTENTS

- How does stress come about and what effects does it have?
- How high is your stress level? Self-check
- 4A Strategy for acute stress
- Identifying your stress triggers and reflecting your thought patterns
- Stress begins in the mind – re-thinking stress-inducing thought patterns
- How and where do you relax and recuperate?
- Work-Life Balance for more resilience

METHODS

A varied mixture of theory and practice promotes lasting learning processes

- Input presentations
- Individual and group work
- Moderated exchange of knowledge and experience
- Body/Mind coordination and relaxation exercises to enhance learning
- Self-contract – what will I do differently?

DURATION

M 1-2 day seminar

Also available as:

S Warm-up speech/Workshop 18-180"

L Modular Concept (Pre-seminar briefing – Seminar - Individual Coaching)

Please contact us for more information:
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