

TRAINING AGENDA – FROM 1 TO 2 DAYS TRAINING

RESILIENCE @ WORK

MY PERSONAL RESILIENCE / RESILIENT TEAMWORK

1. Topics covered during the training

- Resilience
- Situational resilience self-assessment
- The Resilience Wheel – hands-on
- Stimulating interactive workshop
- Action plan for applying in practice
- My/our resilient vision for the future
- My/our concrete implementation plan

2. The theory

- Definition of resilience
- Situational resilience self-assessment

3. The practicalities

- Resilience
 - Interactive warm-up to the topic
 - Situational self-assessment of personal resilience at work
 - What is most important for resilience?
 - The R.E.S.O.U.R.C.E. Wheel of resilience
- Situational resilience self-assessment
- The Resilience Wheel – hands-on
 - Recognizing your strengths & best practice strategies of the group

- Other ways to practice - at a glance
- My/our resilient vision for the future
- My/our concrete implementation plan
- Stimulating interactive workshop
- Action plan for applying in practice

My personal resilience @ work

Everyone, in one way or another, experiences resistance, setbacks or stress in their daily work, whether this is due to the pressure of having to deliver high performance at work at work, or due to interpersonal difficulties or simply because of the sheer number of tasks that have to be accomplished within a short space of time.

Resilience is the mental strength a human being needs to firmly withstand crises. The good news is: Resilience can be learned!

If people integrate certain mental techniques and positive routines into their everyday lives, they are generally more capable of coping with daily life, also in times of crisis.

In this seminar, participants learn what resilience is all about. They assess themselves and discover, together with the group, their individual best practice strategies for more resilience at work.

In this interactive workshop, they are also given further ideas on how to strengthen their personal resilience.

Resilient Teamwork – how to develop resilience when working in a team (additional training day)

This seminar build directly on what was covered in “My personal resilience @ work” and is aimed at team leaders and team members who would like to establish and develop resilience when working together as a team.

The central question of this workshop is how team members can support each other in times of crises and stress, so that they come out of them together stronger, and each member can apply their strategies for resilience in their everyday teamwork.



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What role does each individual play and how can you make resilience an integral part of team culture?

Participants learn and discuss how to recognize resilience factors in others, as well as how to offer and provide support.

Together they carve out resilient group strategies and positive everyday rituals which are then put down in writing in the form of an aspirational team charter.