

Increasing Resilience – Reducing Stress Levels

Goal:

Constant stress at work and high pressure to perform are widespread, but some people find this situation less stressful than others. People with a high level of resilience, i.e. mental toughness, are particularly successful in mastering difficult situations and emerge even stronger from crises. In this training course, you will learn how to noticeably reduce your stress level, give yourself more freedom and at the same time increase your work efficiency. You will learn the most important rules for dealing intelligently with a heavy workload, crises and setbacks and practice identifying stress triggers and developing alternative courses of action.

Target group: All employees

Content:

- Reduce stress factors permanently and increase your resilience
- Increase your performance in acute and chronic stress situations
- Switch from non-stop mode to a healthy daily rhythm
- Develop strategies to deal with defeats and crises
- Think calmly and get troubling thoughts under control
- Develop inner strength and avoid burnout
- Use your personal resources more consciously to work more efficiently and achieve more

Methods: Short lecture, presentation, practical exercises

Duration: 2 days

Group size: max. 8 people