
Resilience:

Bullet-proof Stress-Resistance

Trainer: Mark Edwards

Duration: 2 x 3-hour videoconferences

Language: English



**NEW
WEBINAR**

Building inner resilience and positivity in fast-changing and challenging scenarios

For many scientists and researchers, the Corona crisis was a great shock and was accompanied by many testing changes. It is just one example of how fast-changing events can sweep away plans and processes.

Responding effectively to turbulent events begins with understanding change processes and is powerfully affected by one's own thoughts, feelings and actions. At times it may be necessary to "re-invent oneself" as an identity within the team, or in larger organizations. In this workshop, the opportunities and risks of the current situation are examined, and sustainable models are presented with the aim of mastering the challenges in one's own life and work situation calmly and pro-actively, both internally and externally.

Content:

- What does resilience and change competence mean?
- How do I proactively change the way I currently think?
- Typical reactions to change (personally and in teams) and how to use them constructively
- What are the opportunities and risks of crisis situations?
- How do I determine security and stability and how can I ensure inner and outer stability in turbulent times?
- 4 Future scenarios and preparatory planning - future competencies
- Maintaining motivation and the ability to work productively
- What are further resources of positivity that I can tap into?

Methods

The seminar comprises inspirational input, lively and challenging exercises, small group work and group discussion. An exciting learning atmosphere is created, and sustainable results obtained.