



Strengthen personal Resources & resilience - an online Journey

"It is what it is.
Yet it will, what you
make of it."

Resilience also means resistibility or the capability of dealing with challenges.

During our 6-week Journey we focus on the resources and skills we already have. We use and strengthen these so that we can also act resiliently and self-efficiently during challenging times and that we are in good balance.

You will be accompanied by experienced coaches. In addition, your personal journey journal asks you to focus on small actions every day that help you to go "energetically" through the day and the week. We consciously keep your time commitment low - what counts for us are small yet continuous successes.

Furthermore, you will be given useful tips through various channels on how to strengthen your personal resources or reduce your stress. Our Journey is very pragmatic and it enables you to increase your well-being on the one hand and to gain new knowledge and experience on the other.

The Journey in a nutshell:

Released!
Simply effective.
We focus on small steps
and impact.

Resource & Resilience Inputs
Weekly 1-h webinars on different topics
around your resources & resilience

Resource & Resilience Inputs
Weekly 1-h webinars on different topics
around your resources & resilience

Personal travel journal
Defining & recording personal
actions & reflection

1:1 online session with experienced coach
Definition of personal goals & travel planning (30 min)
Follow-up to ensure your progress (3 x 30 min)

