

# Management and Resilience

Management & Resilience is a group training in which managers learn how to motivate their employees and give them confidence during changing circumstances at work.

Do you want to learn how positive leadership can help you motivate and challenge your employees and give them confidence? Do you want to create conditions that allow your employees to be mentally resilient so that they can bounce back in case of change and setbacks? Then this is the training for you!

## This is Management and Resilience

- 2 group meetings of half a day each, or 3 times 90 minutes of online training
- working with fellow managers on reinforcing leadership skills which enhance the resilience of your employees
- an inspiring mix of dialogue, knowledge transfer and learning with and from each other

## This is what you will learn

- how to stimulate self-confidence, optimism and mental resilience in your employees
- how you can recognise and develop the strengths of your employees
- what gives your employees hope

## This is what you will achieve

In your role as a manager you can create a situation in which employees develop ownership and use their strengths - also under difficult circumstances.

individual - **group**

**1 : 1** - online

**educational** - preventive - curative

Matched Care category:

@work  @risk  @home

Number of hours:

0 2 4 6 8 10 12 14

Turnaround time: Customized

0 2 4 6 8 10 12



## This is what makes Management & Resilience unique:

- available online as well as offline
- only 10 minutes per day
- given by trainers, who are taught by Shared Ambition, using a personal approach
- who inspire you, move you and teach you about the topic of resilience
- so that you can immediately put it into practice

# Shared Ambition offers solutions for three target groups

## @Work

For employees who are working and want to stay mentally healthy

## @Risk

For employees who are at risk of absenteeism

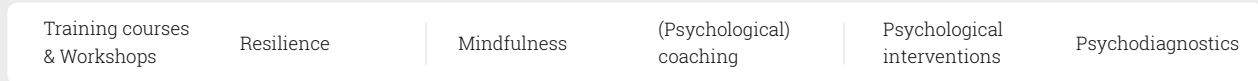
## @Home

For employees who are partly or fully absent

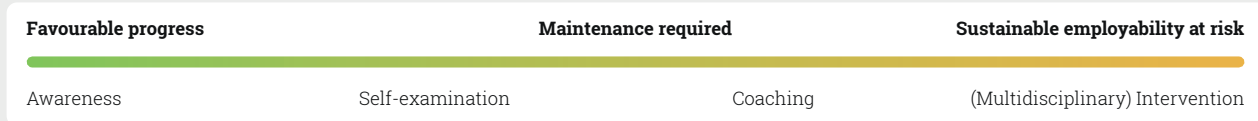
## Matched Care Concept



### Our solutions



### Job Vitality for sustainable employability



## Working together

Shared Ambition is an expert in work-related psychological health.

Do you want to learn more about Shared Ambition and/or our products and services? Please visit our site or contact us.

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