Me & Resilience

Me and Resilience is a practical group training, which teaches you how todeal with (work) pressure in continuously changing circumstances at work

Do you want to learn how to (better) deal with pressure in a continuously changing working environment? Then this training is for you. In only 2 half-day sessions you will work on increasing your resilience and ability to cope, allowing you to enjoy and derive energy from your work, now and in the future.

This is Me & Resilience

- 2 group meetings of half a day each, or 3 times 90 minutes of online training
- preparation with the help of reflection questions and inspiring tips
- interactive with multiple assignments
- targeted tips to continue your development
- available in Dutch and English

This is what you will learn

- bounce back and don't give up after a setback
- continue to function efficiently under pressure
- work on 4 themes: hope, optimism, (self-) confidence in your own abilities and resilience to overcome obstacles

This is what you will achieve

You will be better able to carry on in a changing organization and you will have insight into how you can further develop this. You have confidence in the future and plenty of resilience to tackle obstacles.

individual - group

1:1 - online

educational - preventive - curative

Matched Care category:

@work @risk @hom

Number of hours:

2 4 6 8 10 12 14 0 2 4 6 8 10 12

Turnaround time: Customized



This is what makes Me and Resilience unique:

- available online as well as offline
- 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

@Risk / Preventive

@Home/ Curative

Dysfunctional Chronic Good balance Too much stress Increased need Increased for recovery recovery deficit stress stressors mechanism Healthy stress Insufficient Start of chronic Continued chronic Health damage Change in recovery stress reaction stress reaction physical system Perform **Fatigued** Overburdened Overworked Stress Burnout

Our solutions

Training courses & Workshops	Resilience	Mindfulness	(Psychological) coaching	Psychological interventions	Psychodiagnostics
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Job Vitality for sustainable employability

Favourable progress	Maintenand	ce required	Sustainable employability at risk	
Awareness	Self-examination	Coaching	(Multidisciplinary) Intervention	

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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@Work / Educational

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