

Me & Resilience

Me and Resilience is a practical group training, which teaches you how to deal 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

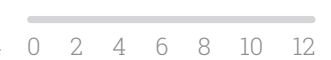
Matched Care category:



Number of hours:



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

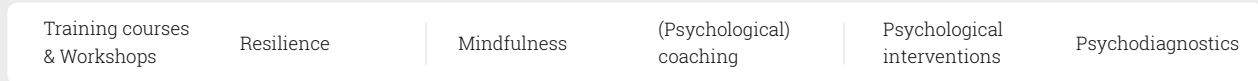
@Home

For employees who are partly or fully absent

Matched Care Concept



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.

Shared Ambition BV - Markenhaven 25C
3826 AC Amersfoort - +31 (0)33-433 70 10

www.sharedambition.com
info@sharedambition.com

