

Working on Resilience

Working on Resilience is an individual coaching programme with an e-learning module to help you carry on during changing circumstances at work.

Do you want to learn to better deal with changing circumstances in your work and/or private life? Do you want to remain productive and keep enjoying your work? Do you want to bounce back when you encounter change or setbacks and learn to use these situations as opportunities for growth? Then this coaching programme is for you.

This is Working on Resilience

- 4 individual online coaching sessions of 1 hour with intervals of two weeks
- in between 2 coaching sessions you work on e-learning and you can practise every day when you are at work
- 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 towards obstacles
- Develop self-confidence

This is what you will achieve

Make the most of your abilities. Be able to carry on during changing circumstances. You will have insight into how you can further develop in this. You can handle obstacles on your path.

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 in weeks:
0 2 4 6 8 10 12



This is what makes Working on 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

@Work / Educational

Good balance	Too much stress
Healthy stress	Insufficient recovery
Perform	Fatigued

@Risk / Preventive

Increased need for recovery	Increased recovery deficit
Start of chronic stress reaction	Continued chronic stress reaction
Stress	Overburdened

@Home/ Curative

Dysfunctional stress mechanism	Chronic stressors
Health damage	Change in physical system
Overworked	Burnout

Our solutions

Training courses
& Workshops

Resilience

Mindfulness

(Psychological)
coaching

Psychological
interventions

Psychodiagnostics

Job Vitality for sustainable employability

Favourable progress

Awareness

Maintenance required

Self-examination

Coaching

Sustainable employability at risk

(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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