

Working on Resilience Group

Working on Resilience Group is a group training supported by an individual 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 together with other people? Do you want to remain productive and keep enjoying your work? Do you want to be able to bounce back in case of change or setbacks and to learn to use these situations as opportunities for growth? Than this group training is for you.

This is Working on Resilience Group

- 3 group sessions with intervals of two weeks
- in between the group sessions you work on online training and you practise every day
- 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, confidence in your own abilities and resilience

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.

individual - **group**

1 : 1 - online

educational - preventive - curative

Matched Care categorie:



Number of hours:



Turnaround time in weeks:



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

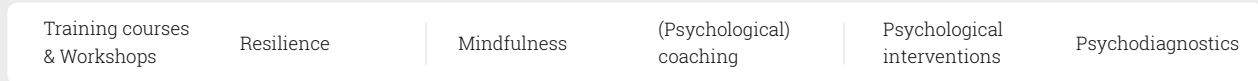
@Home

For employees who are partly or fully absent

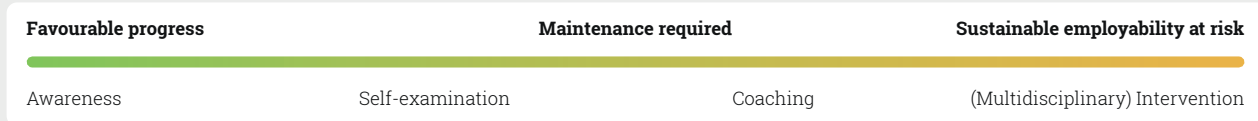
Matched Care Concept



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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