

Resilience & Me

Practical group training

In this group training you learn what psychological resilience is and how you can develop it.

This is Resilience & Me

- 2 Group sessions.
- Together with colleagues, working on being able to bounce back and not give up after a setback.
- An inspiring mix of dialogue, knowledge transfer and learning with and from each other.

This is what you learn

- You learn what psychological resilience is and how you can develop it.
- You build resilience with help of the psychological immunity & elasticity model and make the best use of personal resources and resources in your environment.

This is what you will achieve

- You have acquired practically applicable knowledge of resilience.
- You and your team are resilient and able to function in changing circumstances.

This is what makes Resilience & Me unique

- A positive and innovative view on stress.
- Based on current scientific insights, but practically translated for daily use.
- Available in Dutch and English.
- Personal approach by a Shared Ambition trained team coach.
- A training that encourages employees to actively get to work with the topic of resilience.

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

Amount of time: **Customized**



Shared Ambition offers solutions for three target groups

@Work

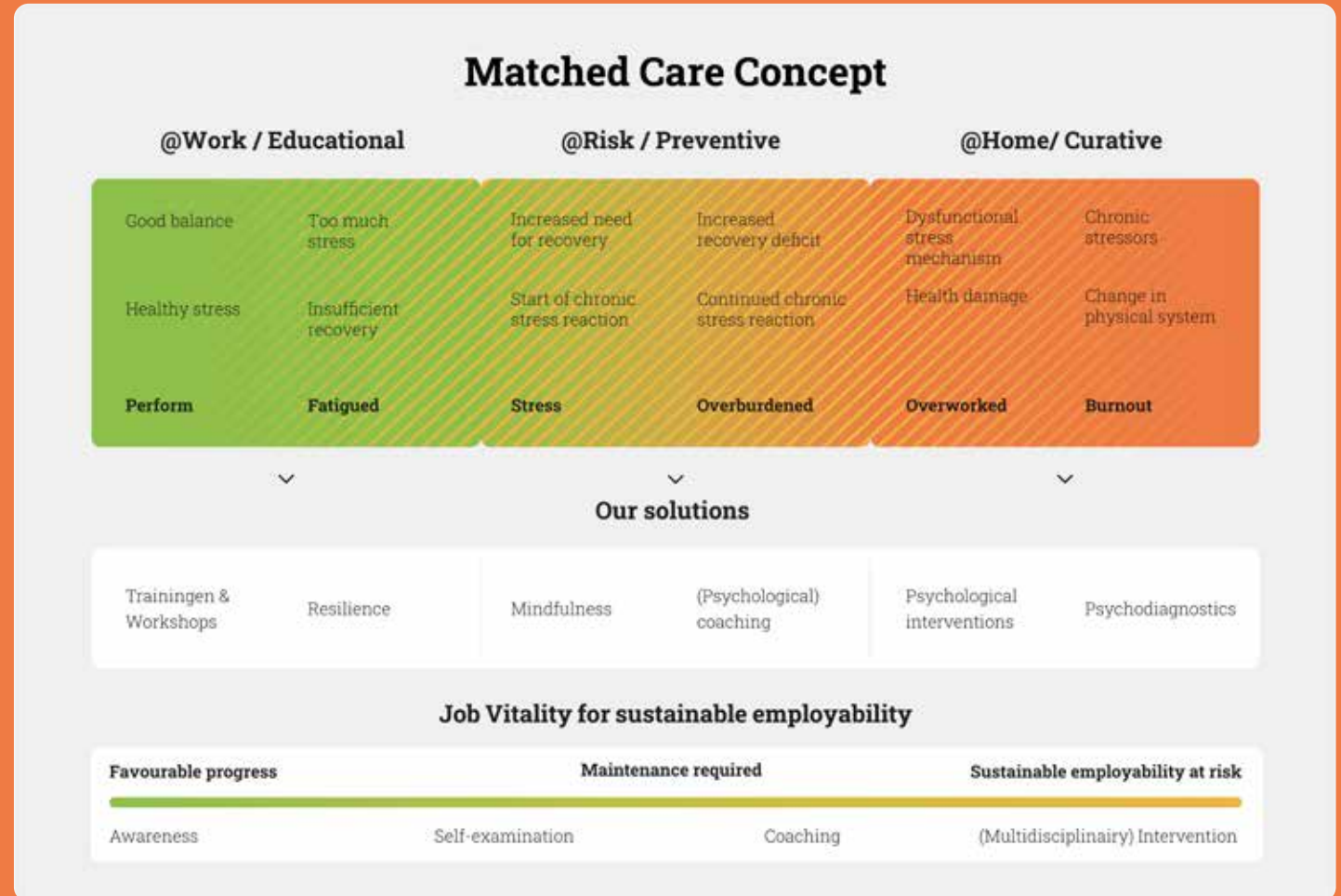
For employees who are working and want to remain mentally healthy

@Risk

For employees who are at risk of falling out

@Home

For employees who are partially or entirely absent



Working together

Shared Ambition specializes in work-related psychological health.

If you would like to learn more about Shared Ambition and/or our products and services, please visit the website or get in touch.

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