

Resilience that works

Course content

This course is about creating an understanding of personal resilience. Participants will learn about dealing with their own stressors and drivers. We will discuss impulses to grow resilience in three different ways – instrumental, cognitive and regenerative. The training will be highly interactive and includes many practical tools to integrate in participants' work and private lives.

Course objectives

- Build resilience in your private and work environments
- Get familiar with your own stressors and drives
- Increase your ability for active listening
- Prevent stress through effective communication
- Understand your own resources and strengths

Methodology

Neuroblitz offers science and drama-based trainings. All trainings are based on applied improvisation. Using our Cognitive Improvisation Method, we develop hands-on exercises and live simulations. Our seminars, workshops and learning journeys become well-remembered experiences through our interactive way of facilitating.

Target group

People working in high-stress environments, who want to strengthen their resilience, manage stress effectively and master challenges at work and in their private life.

Duration

4, 8 or 16 hours

Format

All formats (On-site, online or hybrid)