



Individual resilience - WBT

Buchungsnummer
ST0523-044

Diese Veranstaltung richtet sich an:

Anyone who wants to strengthen their own resilience: All staff, including middle and senior management, at individual level | Anyone who wants to build individual resilience

The e-learning course will familiarise you with all 7 keys to resilience and provide you with tips to apply them

personally, at individual level. This will not only help you deal with stress, but also with all sorts of challenges in your personal

environment. After all, resilience can be learnt and trained and it's been scientifically proven that you recover faster

after a crisis. Also, resilient individuals don't experience the effects of a crisis as strongly as non-resilient ones.

Veranstaltungsart

Online-Kurs

Dauer (in Tagen)

1

Termin

31.12.2023 - 31.12.2023

Zu erreichender Abschluss

Teilnahmebescheinigung

Workload (in h)

1

Preis

110,00 €

Bronze 99,00 €

Silber 99,00 €

Gold 99,00 €

Aktions- und Gutscheincodes werden in Ihren Bestellprozess berücksichtigt.

Beschreibung

Inhalte

The WBT covers essential contents on the topic of resilience such as:

- Basic understanding of resilience
- The seven keys of resilience explained and integrated into everyday life
- Countering stress/becoming more resilient and stronger
- Coping better with difficult situations

The WBT is split into three modules, each containing five sub-modules:

- 1. INDIVIDUAL RESILIENCE
 - 1.1 Introduction
 - 1.2 Your personal learning journal
- 2. UNDERSTANDING RESILIENCE
 - 2.1 What is resilience?
 - 2.2 Overview: The seven keys of resilience
- 3. THE SEVEN KEYS TO RESILIENCE
 - 3.1 Resilience key 1: Acceptance
 - 3.2 Resilience key 2: Optimism
 - 3.3 Resilience key 3: Self-efficacy
 - 3.4 Resilience key 4: Individual responsibility
 - 3.5 Resilience key 5: Network orientation
 - 3.6 Resilience key 6: Solution orientation
 - 3.7 Resilience key 7: Future orientation

Nutzen

All ADG's WBTs follow a learner-friendly and practitioner-oriented didactical approach, combining the delivery of technical knowledge through motivating and small e-learning modules. This means:

- You will be provided with various interactive learning elements, such as scenarios, which will help you apply what you have learnt and transfer your daily working routines.
- Well-prepared and compact learning sessions smoothly integrate throughout your day. That is, processing time of each e-learning module is longer than 20 minutes and can be used at the participant's discretion.
- We will provide you with fundamental knowledge and background information on silence.
- You will get a basic understanding of silence.
- You will also dive into the seven keys to silence which can open the door to enhanced inner balance and increased mental health and well-being for you.
- The course can help you and your team to stay resilient, even in times of crisis.
- You have the opportunity to enhance and deepen the knowledge you have gained through reflection exercises.
- You will be provided with templates like a personal learning journal that you can use to continually self-reflect and incorporate your learnings into your daily working routines.

Dozenten