



Online-Kurs

Team resilience - WBT

Preis
Details

Anmelde-Nr.

ST0523-045

Termin

31.12.2023 - 31.12.2023

221,00 €

Bronze 199,00 €

Silber 199,00 €

Gold 199,00 €

Diese Veranstaltung richtet sich an

Anyone who wants to strengthen
their own resilience and that of
their team | Anyone who is in a leader
position and wants to learn about
team structures and resilience
The e-learning course will
focus on the application of 7
keys to resilience in your team: What
can you, as a leader, do to strengthen your
own resilience, but
also to strengthen your team
members' resilience and thereby
make your entire team more
resilient towards crises?
It's sometimes hard for team

leaders"aw the line between the responsibility which comes along with their position and areas which exceed their competence and/or their responsibility. We will help you focus"eas which you can and should tackle" leader.

Beschreibung

Inhalte

The WBT covers essential contents"e topic"silience such as:

- Basic understanding"silience
- The seven keys"silience explained"tail step"ep"tegrate into everyday life
- Countering stress/becoming more resilient and stronger
- Coping better with difficult situations
- The seven keys"silience for team leaders
- Managing crises (dealing with stress and uncertainty)
- Maintaining mental health
- Maintaining performance
- Changing while maintaining stability
- Keeping motivation high when KPIs are not met
- Facilitate effective communication between team members and with clients"fficult situations

The WBT" split into two modules, each containing"riety"b-modules:

- 1. RESILIENCE FOR TEAM LEADERS
- 1.1 Introduction

- 2. THE SEVEN KEYS TO RESILIENCE FOR TEAM LEADERS
- 2.1 Resilience key 1: Acceptance for team leaders
- 2.2 Resilience key 2: Optimism for team leaders
- 2.3 Resilience key 3: Self-efficacy for team leaders
- 2.4 Resilience key 4: Individual responsibility for team leaders
- 2.5 Resilience key 5: Network orientation for team leaders
- 2.6 Resilience key 6: Solution orientation for team leaders
- 2.7 Resilience key 7: Future orientation for team leaders

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.
- We will provide you with fundamental knowledge and background information on resilience.
- You will get a basic understanding of resilience.
- You will also dive into the seven keys of resilience 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 stay resilient, even in times of crisis.
- We will delve deep into resilience on a personal level and address questions such as: "How can team leaders strengthen their individual resilience?" "How can team leaders help their employees strengthen their individual resilience?"
- 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 continually to self-reflect and incorporate your learnings into your daily working routines.

Dozenten
