



## e-learning **Resilience**

Some people emerge stronger from a crisis, others literally fall apart. The difference lies in resilience, a strength that enables you to better withstand stress, and to face the stressful working world with more composure. Find out how to master challenges, without suffering too much physical and psychological damage.

Booking Number: **34918**

Group of participants:  
All employees who would like to strengthen their natural resilience in the face of stressful situations.

Duration: **approx. 1.5 hours**

Language:

Unit price:

€ 49,- zzgl. MwSt. | € 58,31 inkl. MwSt.

Package prices from 50 licenses on request

### Learning objectives

- ✓ Consciously recognize your frame of mind in order to prevent a build-up of negative emotions
- ✓ Be more conscious of your achievements, and experience more self-affirmation
- ✓ Be aware of your own strengths, and develop a positive attitude towards yourself
- ✓ Understand how your physical condition influences your mental state, and how you can use this to your benefit
- ✓ Seek out good advice and use the strengths of others if you feel stuck
- ✓ Use appreciation to positively impact yourself and your environment

### Contents

- Mindfulness
  - Directing attention
  - Controlling emotions
  - Overcoming thought patterns
  - Being friendly to oneself
- Self-efficacy
  - Own experiences of success
  - Own strengths
  - Building oneself up
  - Building on others
- Optimism
  - Positive perspective
  - Checking thoughts
  - Constructive communication
  - Appreciate the positives



Information on the web

[www.haufe-akademie.de/34918](http://www.haufe-akademie.de/34918)



Let us advise you

Tel. +49 761 595339-10 • [digitales-lernen@haufe-akademie.de](mailto:digitales-lernen@haufe-akademie.de)