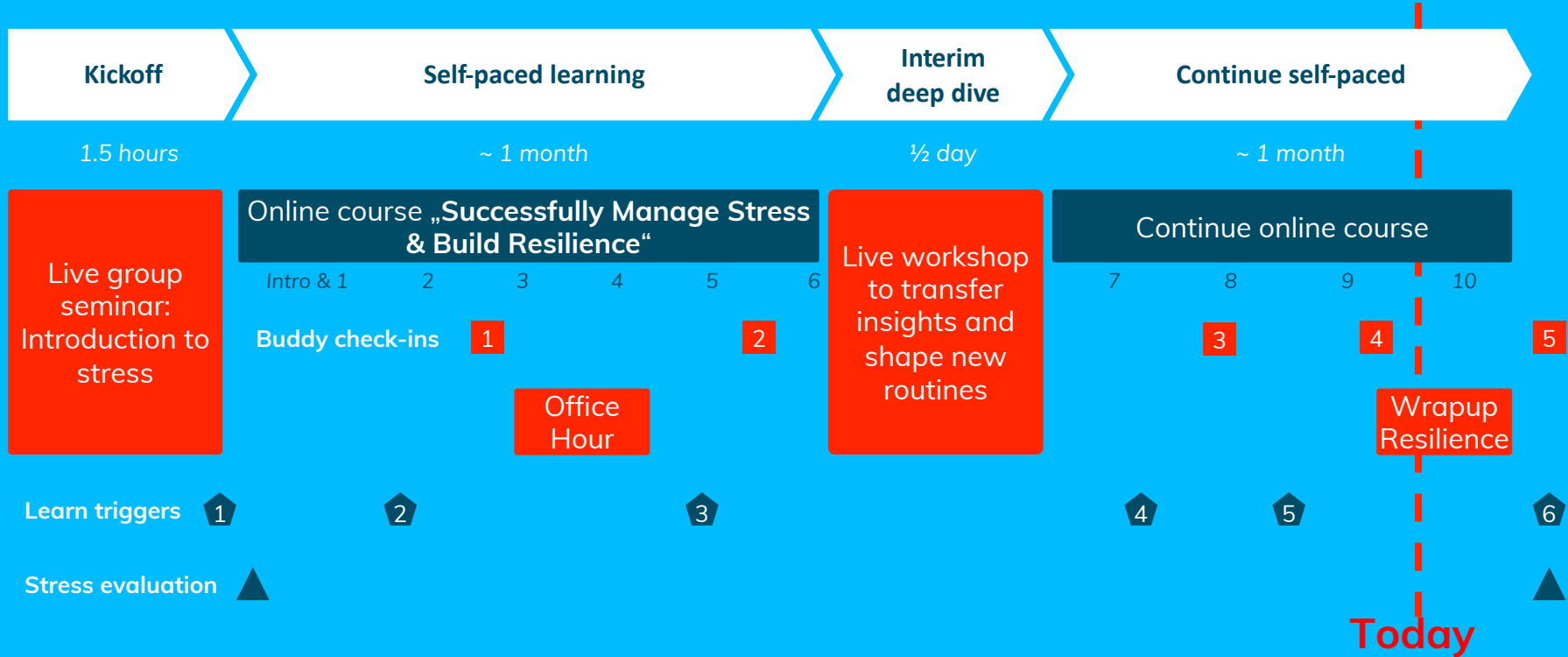





Building resilience with a proven combination of synchronous and asynchronous content („blended learning“)



 = Live (In person or virtual) event

 = Online course and self-paced learning with corresponding chapters

Brief mindfulness meditation



Brief mindfulness exercise

Recap key steps to build resilience

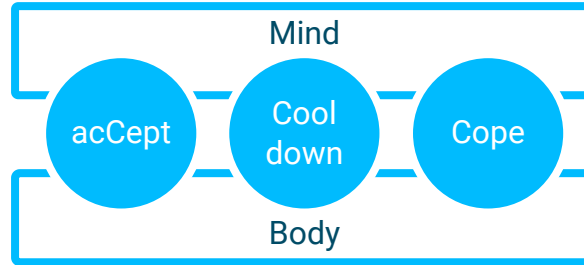
Re-Evaluation

Feedback and outlook

Recognize your stress triggers



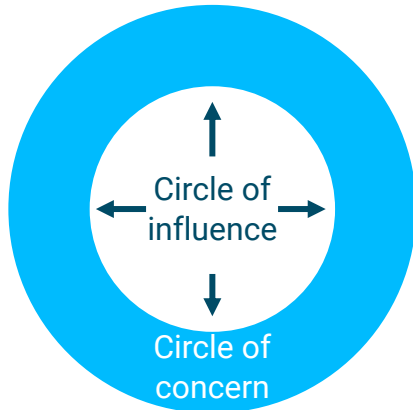
"3C" to interrupt



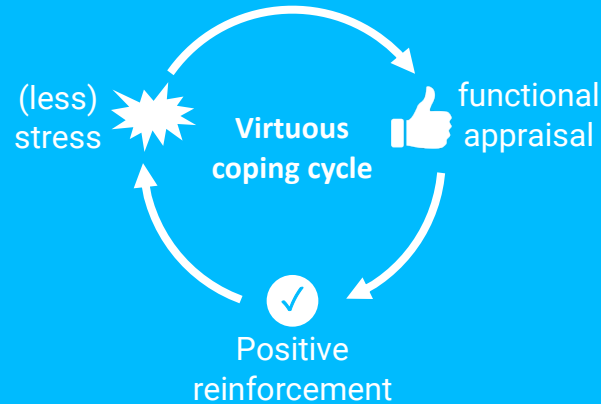
Pay attention to stress amplifiers



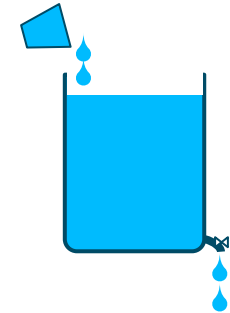
Focus on your circle of influence



Develop effective coping



Regenerate short and long term



Sleep

Exercise

Nutrition

Time for your questions...

Brief mindfulness exercise

Recap key steps to build resilience

Re-Evaluation

Feedback and outlook

Remember this exercise from the kick-off?

1 How does my current journey feel like NOW?



2 Where did I hope to arrive ... am I closer to it NOW?

Brief mindfulness exercise

Recap key steps to build resilience

Re-Evaluation

Feedback and outlook

Any feedback to us?

What did you like?

What could we do better?

„Stress might be the spice of our life“.

Hans Seyle

Building Resilience and Managing Stress



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THANK YOU!

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