

## Strengthen Your Own Resilience (SYOR)

ID SYOR Price 1,450.— €(excl. VAT) Duration 2 days

### Who should attend

People who are facing challenges. People who want to master difficult situations well. People who want to find ways to regenerate more sustainably.

### Prerequisites

Willingness to learn about yourself and your own abilities.

### Course Objectives

You will learn what resilience is, what your mental resilience skills are, and how to use them effectively to cope well with difficult situations.

Learn what makes up your resilience and how you can develop it.

Find ways to deal with challenges in a way that works well for you.

Recognize how you can regenerate well and what helps you to draw strength and go your way.

### Course Content

#### Understanding resilience

- What resilience means in concrete terms.
- How obstacles, impairments and other problems limit our quality of life.
- Emotions, perception and behavior in difficult situations.
- How our body reacts and what influence our mind has.
- Resilience factors and the pillars of our resilience.

#### Self, self-perception and self-image

- We are who and we can do what.
- How we come to know and understand ourselves.
- What we can learn about ourselves:
  - What's important to us.
  - What we are convinced of.

- How we prefer to behave.
- Intensity and variety of our emotions and feelings.
- Our attitude and mental framework.

#### Our concrete abilities and our behavior

- Our capabilities:
  - Which we bring.
  - How we develop it further.
  - When which ability is useful.
- Situational and situationally appropriate behavior.
- Automatism and how we control our behavior:
  - Less perceiving -> behavior and more perceiving -> understanding -> behavior.
  - Stop harmful behavior.
  - Learning to deal with "red buttons."

#### Recreation and sustainable strengthening

- What helps us to recover.
- What happens to our bodies and minds when we recover.
- What role our relationships play in this.
- How we can strengthen ourselves sustainably.

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## Training Centres worldwide



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