

inspirational seminar - Resilience

goals

- dealing with the most fundamental aspects of resilience
- training of resilient behaviour
- formation of initial awareness structures for resilient behaviour in life

procedure

part one: introduction

part two: theoretical background

part three: best-practice-training

part four: group discussion

part five: best-practice-training

final part: Q&A

subjects

- scientific studies of resilience
- personal characteristics
- mental health

coach

Bene Antonio, M Sc

Psychologist, Coach, Trainer & Business Owner

University of Basel & Bern

Martial Art Instructor & Inspirational Speaker

additional services

- certificate
- network talk
- handout