

Managing & Resilience

Group training for managers

In this group training managers learn to motivate their employees and give them confidence when facing changing circumstances.

This is Managing & Resilience

- 2 Group sessions.
- Working together with fellow managers to strengthen leadership skills which in turn strengthen employee resilience.
- An inspiring mix of dialogue, knowledge transfer and learning with and from each other.

This is what you will learn

- What is psychological resilience and what effect does it have on employees?
- How you can stimulate self-confidence, optimism and mental resilience among employees.
- How you can identify and develop employees' strengths.
- What gives employees hope.

This is what you will achieve

- You and your colleagues are able to continue to motivate employees under changing circumstances.

This is what makes Managing & Resilience unique

- A positive and innovative view on stress.
- Based on current scientific insights, but practically translated for daily use.
- Available in Dutch and English.
- Personal approach by a Shared Ambition trained psychologist.
- Customized training that encourages managers to actively get started to facilitate employees to become more resilient.

Individual - **group**

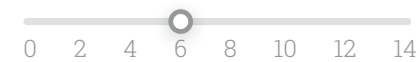
1:1 - online

Educational - **preventive** - curative

Matched Care category:



Number of hours:



Amount of time: **Customized**



Shared Ambition offers solutions for three target groups

@Work

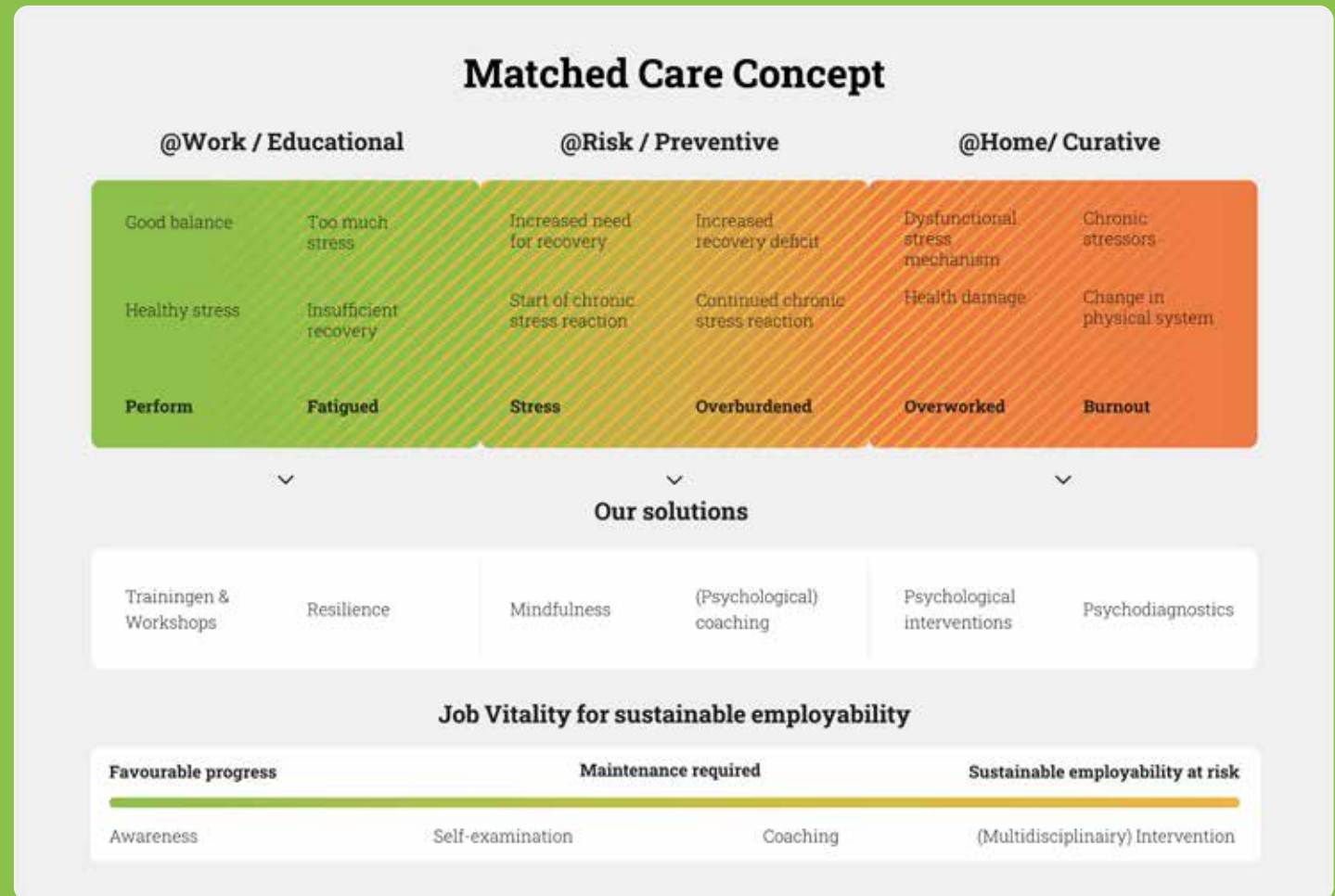
For employees who are working and want to remain mentally healthy

@Risk

For employees who are at risk of falling out

@Home

For employees who are partially or entirely absent



Working together

Shared Ambition specializes in work-related psychological health.

If you would like to learn more about Shared Ambition and/or our products and services, please visit the website or get in touch.

T +31 (0)33-433 70 10
www.sharedambition.com
info@sharedambition.com

