# **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                                    | Matched Care category: |       |      |
|---|------------------------|-------|------|
| 1 : 1 - online<br>Educational - preventive - curative | @work                  | @risk | @hon |

Number of hours: 0 2 4 6 8 10 12 14

Amount of time: Customized





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## 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

#### **Matched Care Concept** @Work / Educational @Risk / Preventive @Home/Curative Dysfunctional Increased need Increased Good balance Too much stress stressors stress for recovery recovery deficit mechanism Health damage Change in Start of chronic Continued chronic Healthy stress Insufficient physical system stress reaction stress reaction. recovery Perform Fatigued Stress Overburdened Overworked Burnout V v V **Our solutions** Trainingen & (Psychological) Psychological Resilience Mindfulness Psychodiagnostics Workshops coaching interventions Job Vitality for sustainable employability

| Favourable progress | Maintenance required |          | Sustainable employability at risk |  |
|---------------------|----------------------|----------|-----------------------------------|--|
| Awareness           | Self-examination     | Coaching | (Multidisciplinairy) Intervention |  |

### 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 C