

Working on Resilience

Individual coaching program

Working on Resilience is an individual coaching-program with e-learning. With this program, you will learn to better handle changing circumstances in both work and/or private life.

This is Working on Resilience

- 4 Individual (online) coaching sessions.
- In between 2 coaching sessions you get started with e-learning and apply what you have learned to day-to day practices.

This is what you will learn

- What is resilience and how can you develop it?
- How you continue to function efficiently under pressure.
- How to develop a positive view on stress.
- How to strengthen your personal and environmental resources.

This is what you will achieve

- You are more resilient in your work.
- You will be better at holding your own under changing circumstances.

This is what makes Working on Resilience unique

- A positive and renewing outlook on stress.
- Based on current scientific insights, but practically translated for daily use.
- Available in Dutch & English.
- Personal approach by a Shared Ambition trained psychologist.
- Customized intervention that encourages to actively work with the subject of resilience..

Individual - group

1 : 1 - online

Educational - **preventive** - curative

Matched Care category:



Number in hours:



Duration in weeks:



Shared Ambition offers solutions for three target groups

@Work

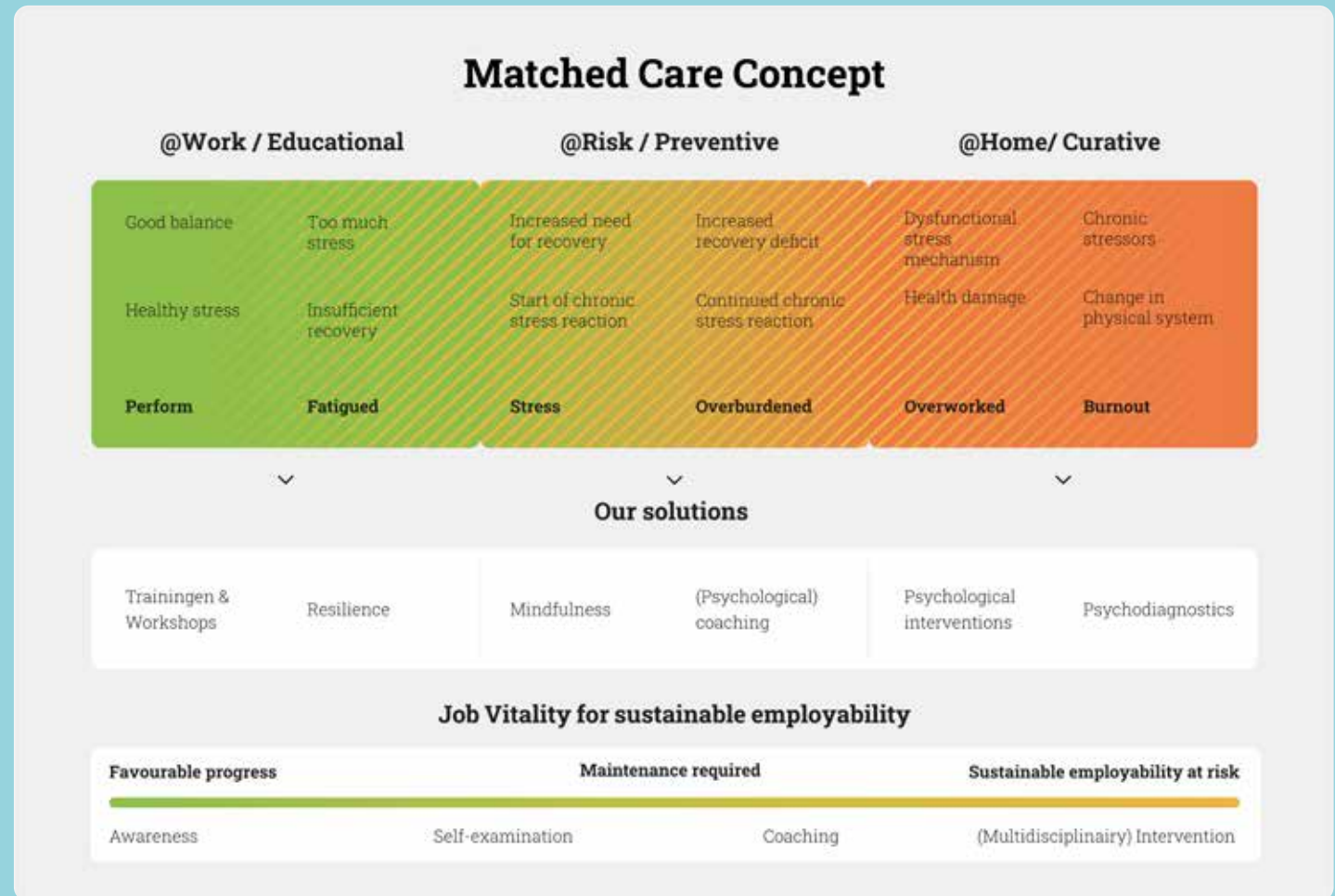
For employees who are working and want to remain mentally healthy

@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

