

## Train your Resilience

### Group Training

|                    |                                        |
|--------------------|----------------------------------------|
| Training code      | CGATRJKCD                              |
| Spoken Language    | Dutch                                  |
| Language Materials | English                                |
| Dayparts           | 3                                      |
| Price              | €1.125,00<br>excl. VAT No extra costs. |

### What is Train your Resilience

In today's rapidly changing world, where performance pressure, expectations, and demands are constantly increasing, life requires a great deal of adaptability. Many people experience feelings of burnout and stress, as it sometimes seems like the world is passing them by and they are losing control over their own lives.

This training is designed to help you develop resilience so that you can thrive in this demanding environment and better cope with challenging moments and periods in life.

It is essential to learn skills that help you cope with the current demanding world. During this training, you will learn how to take control of your life, deal with setbacks, discover your values, and prioritize the things that are important to you. Additionally, you will learn which habits help you stay healthy and sharp. The training provides various opportunities for self-reflection, and the coaching trainer helps you take away the right lessons.

### Who should attend Train your Resilience

For every professional who wants to get the best out of themselves and others every day, such as:

- Managers: Enhance your leadership skills by managing stress and prioritizing effectively.
- Team Leaders: Develop resilience to support your team in stressful situations.
- HR Professionals: Gain insight into promoting resilience.
- Entrepreneurs: Learn to cope with the demands and pressures of running a business.
- Employees: Build personal resilience to thrive in a demanding work environment.
- Students: Prepare for the pressures of academic and future professional life.
- Freelancers: Learn to balance multiple projects and client demands effectively.

### Prerequisites

No prior knowledge or experience is required. This training is suitable for anyone who wants to increase their resilience and effectiveness in both personal and professional life.



## Objectives

By the end of the training, you will be able to:

- Develop personal resilience to better cope with stress and setbacks.
- Gain insight into your own values and priorities.
- Learn how to take control of your life.
- Discover which habits help you stay healthy and sharp.
- Effectively manage performance pressure and high expectations.

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An organization, like ours, helps people and their organizations day by day to get the best out of themselves and each other. We prepare them to defy tomorrow's challenges. We stimulate learning and curiosity. In order for individual IT professionals and their employers, to build better, longer and more intensive relationships. For mutual benefit.

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