



How to build and strengthen resilience

This course will show you how to build and strengthen resilience in order to face challenges in the workplace with confidence and promote a positive, supportive work culture. You will learn what resilience is, how it can support you in your daily work, and what communication and leadership techniques can help you develop it in yourself and your team.

The course provides you with supplemental handouts, quizzes, and interactive AI-based simulations to help you put the theory into practice and develop your skills.



🎯 Target group

The training is designed for all professionals, managers, and employees who want to increase their resilience in challenging situations.

Executives & Managers

Resilience training helps this group to make clear decisions even in turbulent times and to lead their team stably. Strengthened resilience enables them to respond confidently to challenges and foster a positive corporate culture.

Employees at all levels

Resilience training strengthens personal resilience and enables employees to better cope with stressful situations. This improves job satisfaction and promotes a healthy work-life balance.

Learning objectives

By using AI-based simulations, you can become aware of your own resilience and train and strengthen it in a safe environment.

Understanding resilience

You will learn about the eight pillars of resilience and how they can benefit you in your work environment.

Communication strategies

You will learn techniques to deal with challenges in a constructive and solution-oriented way.

Fostering a resilient work culture

You will learn strategies for creating a supportive and resilient culture in the workplace.



Course content



6 Training videos

Our training videos deliver content on a variety of topics in a clear and understandable way. Through clear explanations from the trainers and exciting interviews, you will be immersed in the topic step by step. The information is presented at a comfortable pace so that you can absorb and understand what you are learning. The videos are designed to get you actively involved in the learning process, helping you gain valuable knowledge and improve your skills.



1 Handout as PDF

Our handout reinforces what you learn in the videos and provides valuable summaries to help you retain your knowledge.

2 AI-based interactive simulation

Plan to spend about 15 minutes each working with the AI-based Self-Assessment and the AI Resilience Coach. You will find that the coach, in particular, can provide you with valuable insights. Of course, you can extend the time as much as you like and-even after you have completed the course-return to the coach at any time to work on resilience strategies.

1 Quiz

At the end of the course, you can test and prove your knowledge with a quiz.

Preconditions

None

Contents of the training module

The training part of this course provides the necessary theoretical knowledge to build and strengthen resilience in a targeted manner.

1. Introduction to the topic

Introduction (3 min)

Learn what resilience means and how it helps you to better cope with challenges in the work environment and to adapt flexibly.

2. The 8 pillars of resilience

Part 1 - The 3 basic attitudes (6 min)

Get to know the three basic attitudes – a sense of coherence, optimism and future orientation – as the first three pillars of resilience that will help you meet challenges in a positive and goal-oriented way.

Part 2 - The 5 action attitudes (10 min)

Discover the five aspects of action – acceptance, solution orientation, network orientation, self-regulation and self-efficacy – as the other pillars of resilience that help you to react actively and strengthened to challenges.

Handout on the topic “The 8 pillars of resilience”

3. AI simulation

AI-based self-assessment and recommendations

Discover how the three basic attitudes - sense of coherence, optimism and future orientation - as the first pillars of resilience help you to face challenges with a positive and purposeful attitude. The AI supports you through feedback and reflection to better understand and strengthen your ability to be resilient.

4. Communication

Resilience through communication (6 min)

Creating Learn how to use targeted communication strategies to build a more resilient team culture that promotes trust, openness and mutual support.

5. Managers

Managers and Resilience (6 min)

Learn special techniques that you can use as a leader to promote a resilient team culture and provide targeted support to your team in challenging times.

6. Mindfulness

Mindfulness (4 min)

Learn In this video you will learn how mindfulness techniques such as conscious breathing, eye relaxation and the 5 Senses Check can help you cope with stressful situations more calmly and be fully present in the moment.

Contents of the competence development module

Without practice, what you learn is just theory. Your competence grows only through its application.

7. AI simulation

The AI Resilience Coach

The AI Resilience Coach works with you to develop strategies for resilient stress management based on a specific situation. You can take on the role of an executive, team member, or project manager. The coach will then describe a challenging situation and work with you to develop a resilient approach.

Contents of the proof of knowledge module

Finally, there is an exciting multiple-choice quiz to test your knowledge and reinforce what you have learned!

Quiz

5 multiple choice questions