

Equal Opportunities Workshop: Get Resilient!



Why does it matter?

Resilience has been proven to help people not only succeed but also to thrive when facing obstacles and stress. Managing change, pressure and perceived failure is a challenge and can often leave us feeling low on emotional and mental resources, but thankfully resilience and grit are a set of skills and tools that can be learned and trained.

Content and impact

This workshop focuses on identifying and building the elements that make us mentally and emotionally resistant to stress and pressure. Participants will learn skills for emotional regulation, sharpen their emotional awareness, gain techniques to reduce anxiety and stress, and understand how to use reframing strategies to turn threats into manageable challenges.

After the workshop, participants will...

- Understand the elements that make resilience.
- Be able to implement tools from cognitive behavioural coaching and positive psychology to manage stressful situations.
- Have techniques to regulate their emotions.
- Be able to utilize re-framing strategies in order to gain a new perspective and understanding of situations.
- Have tools to help them deal with perceived failure.

Contact:

SFB 1452 Geschäftsstelle

Friedrich-Alexander-Universität
Erlangen-Nürnberg

Egerlandstr. 3
91058 Erlangen

Friederike Agel
CLINT Coordinator
Email: friederike.agel@fau.de

www.clint.fau.de

Coach

Francesca Carlin is an American communication trainer and personal coach. For over a decade, she has helped professionals improve their public speaking, develop their presence, and apply the practice of mindful communication. A trained actress she has found that using acting techniques and exercises helps people to overcome personal barriers and to become more effective communicators.

<https://www.francescacarlin.com/about/>

When and Where

In-person-workshop

21 February 2025, 9:00 – 17:00

Gefördert durch