

Resilience and Stress Management.

"The first and primary task of leaders is to take care of their own energy, and then to harness the energy of others." (Peter Drucker)

Energy is the cardinal currency of peak performance.

- You know days when you are bursting with energy and everything comes to you with ease. You are in the flow.
- But you also know days when you feel bad, have little energy and, despite great effort, neither achieve what you could nor reap what you deserve.

To manage your energy optimally, you need a conscious and appropriate use of your resources.

Full effort means as much as being physically trained, emotionally engaged, mentally focused and optimally aligned, i.e. you recognize a purpose in what you are doing.

Together we analyze your current energy level including how you deal with stress, your possible energy potential and what reduces your energy.

Why should you wait any longer to make better use of your energy potential through a pit stop and align yourself optimally for the challenges of everyday life?

Resilience coaching aims to increase your resilience in a very individual and customized way to better deal with challenges, stress and strain.

The process could look like this:

1. needs analysis and goal setting
2. identification of your resources and sources of strength
3. development of effective coping strategies and techniques
4. sustainable strengthening of self-care and mindfulness
5. implementation and consistent follow-up

The process and duration are adapted to individual needs.

In this way, you develop your inner regulatory competence so that you can master your challenges with more composure and self-confidence and thus stabilize your professional environment.