

Strengthening Resilience in Turbulent Times



Online seminar 6 weeks (12 hours + practice sessions)

People, teams and groups who have strengthened their resilience are more determined and confident in turbulent times. Thanks to their inner strengths and stable relationships, they can cope easier with difficult situations and crisis. This course gives impulses and body-oriented exercises to support participants in working out their own practical resources. The main learning moment of this seminar happens when the participants meet in small groups and exchange their own experiences (peer-to-peer support).

Benefits:

- You learn to maintain a healthy distance to work even under great pressure.
- You get to know your emotions and bodily reactions and how to regulate them.
- You develop your personal resilience toolbox for everyday life.
- If you participate with all your team, the benefit will be greater

Trainer: Elsbeth Horbaty

My experience as a journalist and development worker in many countries has shown me how strong and resilient people can be in the face of extreme poverty and after being impacted by war and natural catastrophes. My commitment is to support my clients, to help them become aware of their strength, and to give them impulses for developing their own resources.

Investment: \$110 USD or €100

Main topics

- Resilience - How to feel less stressed and a little safer
- Giving support to others and protecting yourself
- How to deal with big emotions (grief, guilt, anger)
- Our organisations in time of war
- Reframing your life in changing conditions

Working methodology

- For 6 weeks we will meet online for 2-hour seminars (12 hours training total).
- We will learn information and exercises based on Somatic Experiencing.
- Between these online seminars, you will meet in small groups (you choose online or in-person) to exchange experiences and practice the exercises to deepen your understanding of your personal resources (peer-to-peer support).
- You will be invited to document your journey in a self-reflection diary.

Schedule for 2023:

During six Tuesdays: October 31, November 7, 14, 21, 28 and December 5

at these times:

Zürich, 4.00 p.m. - 6.00 p.m.

New York, 10:00 a.m. - 12:00 noon

Ankara, 5.00 p.m. - 7:00 p.m.

Mexico, 8:00 a.m. - 10:00 a.m.

Register here:

<https://forms.gle/rpfskVbpej7DWoD89>