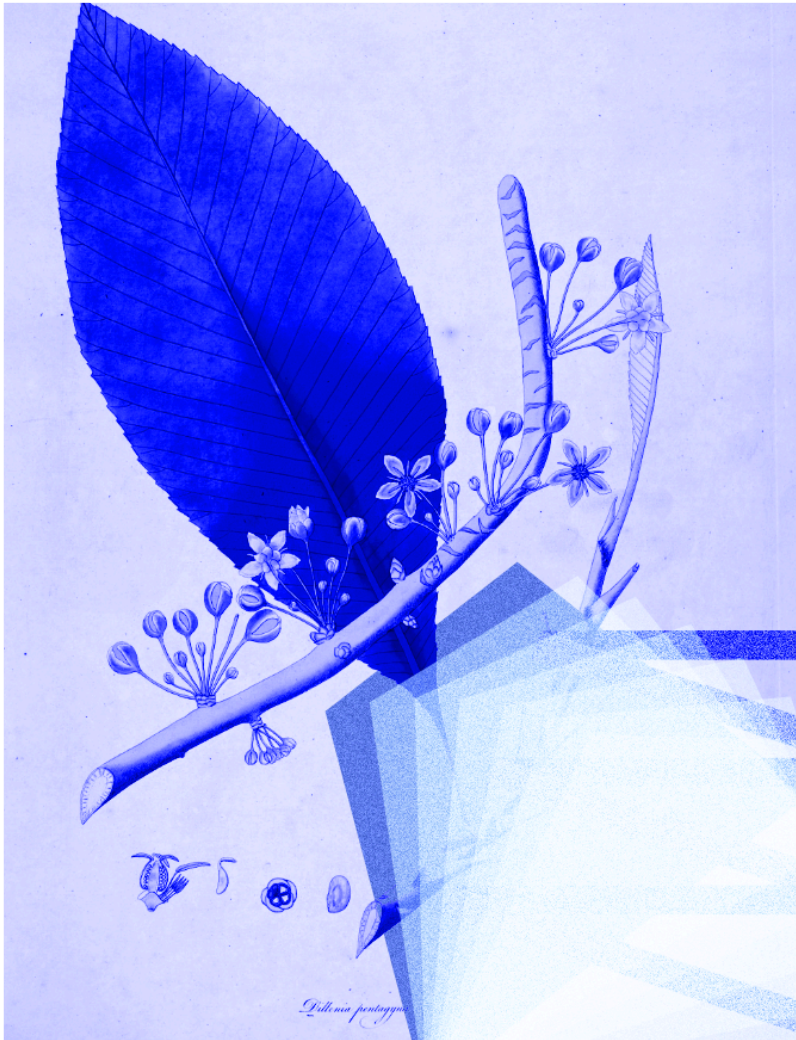


**2020 readiness toolkit**



# **Rapid Resilience – Strategies for Mental and Emotional Fitness©**

**Online program**

The program helps participants find strategies to cope mentally and emotionally with the challenges of the new context and turn these strategies into everyday routines and tactics. It aims at creating a more in-depth understanding of our reactions to stress and anxiety, as the baseline for gaining and maintaining the necessary level of self-control and self-regulation. Moreover, it offers tools and techniques to develop resilience and tap into our personal resources of emotional intelligence.

## Objectives

- Get an overview of coping mechanisms and the resulting productive and/or dysfunctional behaviours
- Identify personal strategies to navigate stressful situations
- Practice mental, physical and emotional techniques that help us cope more effectively with the new context

## Agenda

- Resilience – what it is and what it isn't
- The 5 skills of resilience
- Identifying your own style under pressure and how to manage it
- Uncovering the stories we tell ourselves – how to eliminate the dysfunctional patterns (victim, rescuer, bad guy, etc)

- The EQ principles in action – tapping into self-awareness, self-regulation and internal motivation
- Empathy and social skills in times of crisis
- The resilience toolbox – rounds of practice
- Individual action plan, reflection and feedback

## Logistic details

Duration: **6-hour workshop, split in 2-hour sessions** (the first two sessions take place on consecutive days, the third is a follow up, one after.)

Number of participants: **6-12**

Technology:

- Zoom – easy to use, interactive, visual; breaking rooms for group work, chat
- Mentimeter – for brainstorming and polling
- Facebook closed group – for follow-up



Do you have questions about us?  
Looking for solutions for your organization?

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