

[BUILDING UP RESILIENCE]



SOFIA & ASSOCIATES
CALHEIROS

#EMOTIONAL CHECK-IN

14 & 15 OUTUBRO | 14H00-17H00

WHY TALK ABOUT EMOTIONAL CHECK-IN? | Because it's a way to build Resilience!

FOR LEADERS

GOALS

- Getting ready for Yours and Team daily life demands
- Promote individual resilience and develop stress management behaviors from individual to team level
- Create sensitivity to burnout warning signs. Which are they? How do they look like? What to do – coping with?

PART 1

Me, myself & I

- What about under pressure?

Managing me

- Coping with stress + Preventing burnout

PART 2

Emotional check-in

- My Team under pressure?

Supporting Others

- Coping with stress & Preventing burnout

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