



Online Workshop:

Resilienz

Deine mentale Superkraft

04.03.2025 | 09:00 – 10:00 Uhr | Theorie & Praxis

Resilienz – Dein natürlicher Beschützer.

Resilienz gilt als die Superkraft des menschlichen Geistes schlechthin. Sie bezeichnet die Fähigkeit, Herausforderungen und Krisen gut zu meistern und daraus sogar etwas lernen zu können. Mit anderen Worten: genau das, was jeder von uns in diesen außergewöhnlichen Zeiten mit neuen Stressoren und Belastungen braucht.

Stark und gesund trotz schwieriger Zeiten.

In unserem Vortrag nehmen wir unsere mentale Superkraft genauer unter die Lupe und schauen, was Resilienz wirklich bedeutet. Durch praktische Übungen erfährst du, wie diese menschliche Fähigkeit zustande kommt und welche Faktoren sie beeinflussen. So kannst du bereits während des Vortrags deine mentale Superkraft trainieren.

Hier klicken oder QR-Code scannen, um live dabei zu sein!



Gesundheitspartner:





Online Workshop:

Feeling with your whole body

4th March 2025 | 11:00 – 12:00 am | theory & practice

Bad gut feeling?

People perceive emotions all over their bodies. We know this from sayings such as: 'Having a bad gut feeling', or when something 'gives someone a headache'. Being in love often feels like 'butterflies in the stomach'. But what is really behind it? Where do emotions take place? And what is the difference between a feeling and an emotion?

Your body is sending you signals.

In this workshop, a psychologist will shed light on precisely these topics. Together, we will look at psychological models that help us to understand how emotions arise. Building on this, we will learn what we can do to better regulate emerging emotions so that we can make better and more conscious decisions in everyday life. In this way, we also listen to our body.

Click [here](#) or scan the QR code to join live!



Gesundheitspartner:





Online Workshop:

Positive Psychology

4th March 2025 | 15:00 – 16:00 pm | theory & practice

What makes you happy?

Positive psychology deals with the question of what makes us humans happy from a scientific perspective and how we can strengthen our mental well-being. This includes a focus on positive emotions, personal resources, and meaningful relationships. The unique approach of positive psychology offers a new way to deal with challenges and embrace conscious life design.

Change your focus!

In our workshop, you will learn ways to enhance your own happiness and life satisfaction. We will introduce you to valuable exercises that can shift your perspective and focus on your strengths. Learn how to integrate these aspects into your life in a sustainable manner. Practical tips & tricks will complement your understanding, so you can start implementing them right away!

Click [here](#) or scan the QR code to join live!



Gesundheitspartner:





Online Workshop:

Frauengesundheit Proud to be a woman

05.03.2025 | 09:00 – 10:00 Uhr | Theorie & Praxis

Nur ein kleiner Unterschied?

Das Geschlecht ist einer der Faktoren, die unsere Gesundheit maßgeblich beeinflussen. Frauen haben zwar eine höhere Lebenserwartung, gehen häufiger zu Vorsorgeuntersuchungen, sind aber in mancher Hinsicht gesundheitlich stärker gefährdet. Wir zeigen dir, welche Gesundheitsfaktoren du als weiblich gelesene Person beeinflussen kannst, um nicht nur körperliches, sondern auch mentales Wohlbefinden nachhaltig zu fördern.

Frauen und ihre Gesundheit

In unserem Impuls beleuchten wir, wie du den hormonellen Veränderungen im Laufe des Lebens begegnen kannst und welche Unterschiede es im Erhalt der weiblichen & männlichen Gesundheit gibt. Jede Phase des Frauseins hat ihre eigenen Herausforderungen, doch durch Selbstfürsorge und gezielte Strategien kannst du diese gesund und leistungsstark meistern. Sei dabei und lerne deinen Körper und seine Bedürfnisse besser kennen!

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Gesundheitspartner:



move 
Gesundheitsmanagement



Online Workshop: Five ways to well-being

5th March 2025 | 11:00 – 12:00 am | theory & practice

Wellbeing?

Our current living environment is characterized by high complexity and uncertainty. These stresses have an impact on our mental health and well-being. What is mental health? What contributes to our well-being and how can we stay mentally healthy? This question has been addressed by extensive international research...

We show you how!

...and the result was 5 simple and effective ways to improve mental health: the "5 ways to well-being". In our key note speech you will get to know these ways to more well-being in theory & practice. With easy tips on how to create and maintain healthy habits, we show you how to implement the 5 ways to wellbeing in your everyday life.

Click [here](#) or scan the QR code to join live!



Gesundheitspartner:





Online Workshop: Mindfulness

5th March 2025 | 15:00 – 16:00 pm | theory & practice

Being mindful?

Mindful walking, mindful eating, mindful breathing – mindfulness is on everyone's lips. But what lies behind this age-old concept? And how can mindfulness benefit us? Mindfulness means being fully present in the here and now, both physically and mentally. Especially in today's often stressful daily life, we can greatly benefit from mindfulness training.

This is how it works!

In our impulse lecture, we will explain how this works. We delve into the concept of mindfulness and provide tips on how to effortlessly integrate it into your daily life. Our reflection prompts and relaxation exercises will assist you in breaking free from habitual thought patterns. Experience yourself and your everyday life with a new level of consciousness!

Click [here](#) or scan the QR code to join live!



Gesundheitspartner:





Online Workshop: Emotionale Intelligenz

6th March 2025 | 09:00 – 10:00 am | theory & practice

Emotional intelligence

Intelligence in itself is already a well-known term, but what exactly is emotional intelligence? Do the two have anything to do with each other? What are the components of emotional intelligence? How does it develop and what influence does emotional intelligence have on our well-being and health?

That's how we train them

In this interactive workshop we will take a closer look at this. Get to know yourself better, improve your emotional regulation skills and learn how your emotional intelligence and behaviour are linked. With knowledge impulses and practical exercises, we will guide you on the path to higher emotional intelligence.

Click [here](#) or scan the QR code to join live!



Gesundheitspartner:





Online Workshop: Homeoffice vs. Office

Your balance in hybrid working

6th March 2025 | 11:00 – 12:00 am | theory & practice

The future is hybrid!

Our working and living environment is becoming increasingly complex and agile! For many, hybrid working and the associated switch between office and home office is now part of everyday life. But what are the challenges of hybrid working? And what potential is there?

Find your balance!

In our lecture, we will take a close look at hybrid working, the 'working model of the future', together! We will focus primarily on the question of how you can organise your working day in an optimal and self-caring way. We will give you some initial ideas and practical exercises to help you on your way!

Click [here](#) or scan the QR code to join live!



Gesundheitspartner:





Online Workshop: Work Life Balance

06.03.2025 | 15:00 – 16:00 Uhr | Theorie & Praxis

Alles unter einen Hut bekommen?

Unsere aktuelle Lebens- und Arbeitswelt wird in vielen Bereichen immer komplexer, sodass die Vereinbarkeit von Arbeits- und Privatleben auf die Probe gestellt wird: Das Lebenstempo beschleunigt sich und wir versuchen Verpflichtungen und persönliche Interessen in Einklang miteinander zu bringen, was zur täglichen Herausforderung geworden ist.

So gelingt Balance im Alltag!

In unserem interaktiven Workshop erfährst du, was eine gesunde Work Life Balance aus macht. Wir reflektieren deine Zufriedenheit in verschiedenen Lebensbereichen und erklären dir, wie du deine Ressourcen stärkst. Erhalte spannende Tipps und Tricks für deinen Weg zur inneren Balance und lerne, wie du besser abschalten kannst.

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