



# CoachingHer

## *Lektion 3 - Arbeitsblatt Stressresistenz & Resilienz*

1. Was sind meine Kraftquellen?

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2. Wer unterstützt mich in meinem Leben?

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3. Welche Situationen meistere ich gut?

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4. Mein Ziel für mehr Gelassenheit:

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