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CoachingHer: Coaching for Empowerment and Success

Training course for mothers

Guide for Coaches

Lesson 2

Stress resistance and resilience

The CoachingHer project is based on the realization that many women, especially working mothers or job seekers, are faced with the difficult decision of reconciling work and each other. In many cases, the lack of adequate social policies and the persistence of traditional cultural norms limit women's career opportunities, forcing them to abandon their professional ambitions or reduce their professional commitment.

Our goal is to create an environment where women can continue to work and pursue their ambitions without having to choose between career and family. The project focuses on two European countries, Italy and Germany, with different socio-economic and cultural contexts, but facing similar challenges regarding the role of women in the labour market and society.

In a context where women face numerous barriers to accessing positions of power and responsibility, CoachingHer offers a concrete solution; participants will be able to develop leadership, time management and multitasking skills that are crucial for successfully coping with the challenges of work and family.

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1. Presentation of the topic "Stress Resistance & Resilience" (10 min)

- The aim of the unit: The participants should deal better with pressure. They are to develop strategies for stress management and can demonstrate emotional stability

2. Introduction: What does "stress resistance & resilience" mean to you? (15 min)

- Group discussion or Mentimeter/pinboard:
 - "What is stress?"
 - Collecting typical sources of stress from mothers together
 - "Resilience - What is it?" - 7 pillars of resilience

Impulse 3: Strengthening "Stress Resistance & Resilience" (25 min)

- Lecture (with PowerPoint or flipchart), demonstration and implementation with yoga mats
 - A. Strategies for stress resistance:**
 - regimen
 - Relaxation
 - Time management
 - B. Strengthening resilience:**
 - Social support
 - Positive mindset
 - Setting goals

4. Exercise: "My Resilience Compass" (20 min)

- Enter: Sources of strength, support, etc.
- Group work/reflection: Comparing – What stands out? What is missing? –Exchange
- Goal: Develop Mindfulness Challenges

5. Break (15 min)

Gladly with a snack table and exchange in small groups.

6. Everyday tips for more serenity (20 min)

- Group work:
 - To-do lists, delegating, saying no, learning to ask for help
 - Involve child in tasks
 - Plan breaks (mom time)
 - Celebrating successes
 - Humor in everyday life
- Collect and present results on flipcharts

7. Group exchange (15 min)

- "What helps you in stressful situations?"
- "What do you want to pass on?"

8. final round (10 min)

- "What do I take with me today?" (1 set from each participant)
- Next steps and ways to self-care