



CoachingHer

Coaching for Empowerment and Success



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Coaching for Mothers

- Stress Resistance & Resilience-

Objectives of the workshop

- ✓ Improved handling of pressure
- ✓ Development of strategies for stress management
- ✓ Increasing emotional stability and inner resilience
- ✓ Recognizing and activating personal resources
- ✓ Exchange and Empowerment

What is Stress?

- Definitions of stress (positive and negative)
- Physical and emotional reactions

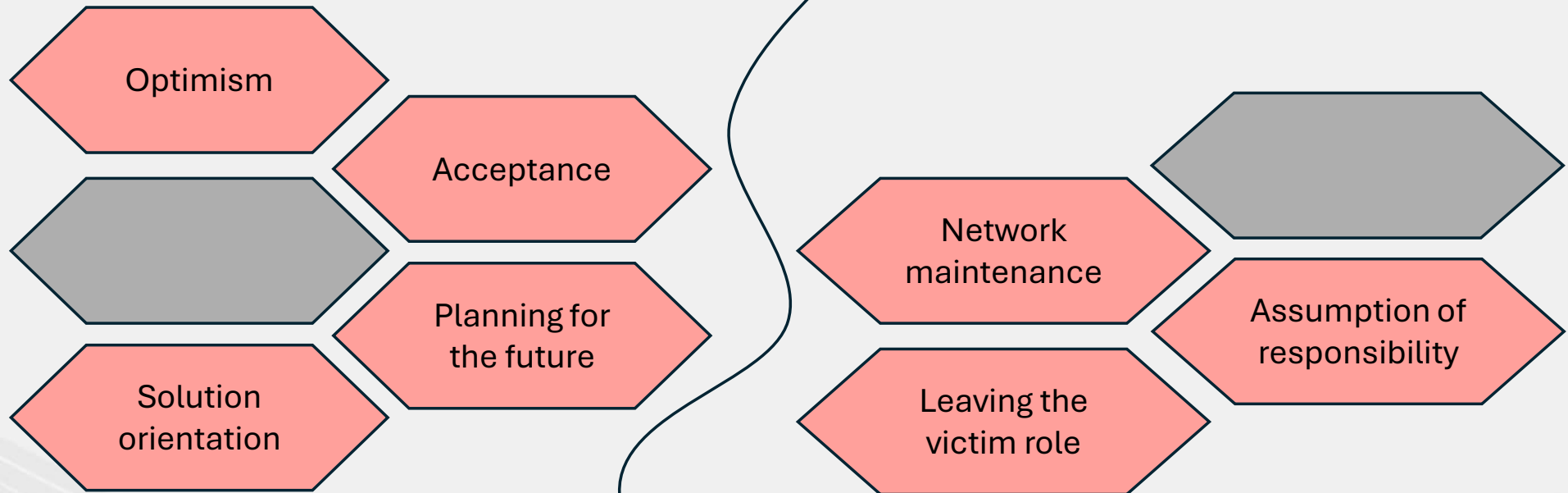
Sources of Stress in Everyday Life

- „What are your personal stress sources?“
- Time pressure & multitasking
- Emotional burdens
- Variety of roles and expectations (own and from outside)
- Social isolation

Resilience – What's that?

- Ability to cope with crises
- Resilience can be learned
- Protective factors
(social contacts, self-efficacy, optimism)

The 7 Pillars of Resilience



Strengthening "Stress Resistance & Resilience"

A) Strategies for stress resistance

- Balanced & healthy lifestyle
- Mindfulness & meditation
- Exercise & sleep
- Time management
- Learning to set boundaries

Strengthening "Stress Resistance & Resilience"

B) Strengthening resilience

- Social support
- Positive mindset
- Setting goals
- See: 7 Pillars

My Resilience Compass

- Worksheet
- Reflection: Sources of power – What gives me energy?
Who or what strengthens me?
- Identification of own strengths and supporters

Everyday Tips for more Serenity

To-do lists

Celebrating successes

Delegate

Plan breaks (mom time)

Learning to say no

Involve the child in chores

Learn to ask for help

Humor in everyday life

Conclusion

- “What insights have I gained for myself?”
- Next Steps & Opportunities for Self-Care

THANK YOU!