



# CoachingHer

Coaching for Empowerment and Success



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# Coaching for Mothers

- Flexibility & Adaptability -

# Objectives of the workshop



- ✓ Understanding flexibility
- ✓ Finding spontaneous solutions
- ✓ Strategies for adaptation
- ✓ Dealing with changes in family and career
- ✓ Finding and evaluating alternatives

# "Flexibility & adaptability" for you

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- "Why is adaptability important?"
- "How open are you to your everyday life at the moment?"
- "What stresses you out the most in your daily routine?"

# Basics of "Flexibility & Adaptability"

## A) Flexibility

- Flexibility in thinking and acting
- Dealing with change
- Openness to new things
- Willingness to learn
- Positive attitude

## B) Adaptability

- Self-reflection
- Stress management
- Flexible thinking



# Flexibility in everyday family life

- Daily structure
- Unexpected events
- Spontaneity
- Dealing with stress

# Adaptability strategies

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- Using buffers in planning
- Training serenity
- Thinking about alternatives

# Case Studies & Group Work

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- Analyze everyday situations and find solutions
- Group work: Comparison
  - Can I adapt?
  - What is positive and negative?
  - How did you behave?

# Reflection

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- "How do I react to changes?"
- "What is difficult for me?"
- "How can I react more flexibly?"

# Tips for everyday life

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- Individual reference standard
- Develop and observe your own rules
- Combining routine with flexibility
- Letting go of perfectionism

## Promoting flexible thinking

Change of perspective

Creative solutions

# Graduation

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- "What do I take with me today?"
- Personal objectives
- Worksheet

THANK YOU!