

SFB 1399 Lecture Series:

WOMEN & SCIENCE SPIN OFF

10

28/8/2023, 2-3 pm

Prof. Dr. Daniela Elsner

*Systemic coach and lecturer for coaching
at the Gutenberg University Mainz*

» **Boost your resilience -**

7 strategies for increased resilience«

The lecture is open to everybody!

In this lunch talk we will learn how resilient people differ from others, and which strategies they can learn and apply to increase their own resilience and performance.

Online Event:

Join us for lecture and discussion.

Further information on our website

www.sfb1399.de



To join the meeting,
please register here:
<https://uni.koeln/G8P3L>