Mitigating the stress induced by the digital transformation
People

- takes up space physical
- needs room for orientation
- are social and need others in order to grow up and develop
- are able to learn
- are resilient
- are adaptable
- need meaning
- are sensitive and vulnerable
- have dignity
Trainings I

- Skype for Business
- Research with Social Media
- Mobile Reporting with iPhone
- Multimedia Storytelling
- RedSys (EditingSystem)
- Pcms (Contentmanagement System)
- Digital tecnical Skills
- …
Trainings II

- Resilience
- Fit and resilient in the job
- Stress management
- Solution-oriented discussions
- Conflict management
- Agile project management
Counselling

- Emergency Psychological Service
- Supervision
- Mediation
- Coaching
Trainings III
(for the executive level)

• Change Communication
• Transformational Leadership
• Leadership, work and health in the context of modern brain research and neurobiology
• Resilience - constructive handling of changes
• Solution-oriented discussion