

## Training

# Workshop

## *Get Resilient!!*

Workshop by **FRANCESCA CARLIN**, Berlin

**Date:** Saturday, **12.02.2022** (9:00 – 16:00)  
including lunch break and short coffee breaks

**Location:** Online Workshop via zoom  
Link will be announced in advance

**Registration:** [https://doodle.com/poll/g83g6imp2za4kpam?utm\\_source=poll&utm\\_medium=link](https://doodle.com/poll/g83g6imp2za4kpam?utm_source=poll&utm_medium=link)  
please register as soon as possible

## Get Resilient!

Do you feel stressed out and overwhelmed? Do you wish that you could be stronger and more resilient? Managing change is a challenge and can often leave us feeling low on emotional and mental resources, but thankfully resilience and grit are something that can be learned and trained. This workshop focuses on identifying and building the elements that make us mentally and emotional resistant to stress and pressure. Join us to tap into your resilient mindset!

In this workshop participants will learn to:

- Develop the skills of emotional regulation
- Sharpen the ability to be aware of our emotions
- Learn techniques to reduce anxiety and stress
- Understanding what is within our control & how to handle what is not
- Reframing situations to make them more manageable



<https://www.francescacarlin.com>

FRANCESCA CARLIN is an American communication trainer and personal coach. For over a decade she has helped professionals improve their public speaking, develop their presence, and apply the practice of mindful communication. She has worked in Russia and the U.S. and is currently working in Germany, Austria, and Switzerland.

Francesca is a trained actress and studied theatre at Boston and Harvard University. Over the years she has found that using acting techniques and exercises helps people to overcome personal barriers and to become more effective communicators. With her background in the performing arts, she has created a unique approach to her workshops and trainings, in which she incorporates and implements the best practices from both the world of communication skills development and theater.