

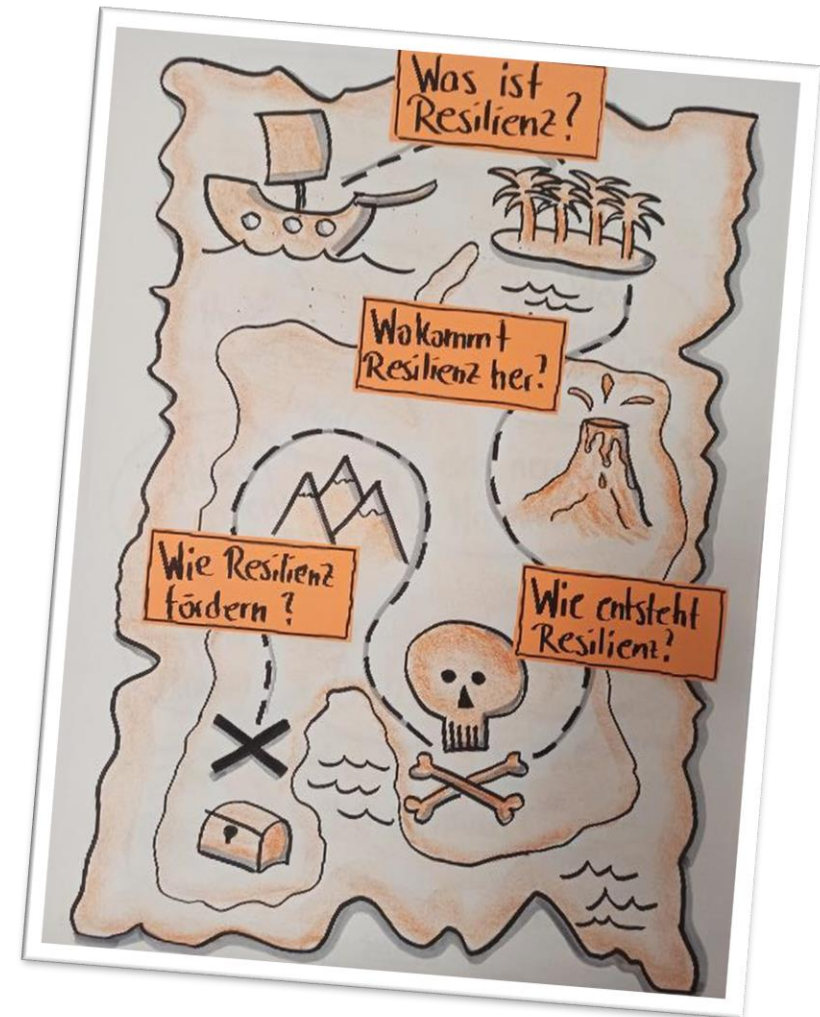
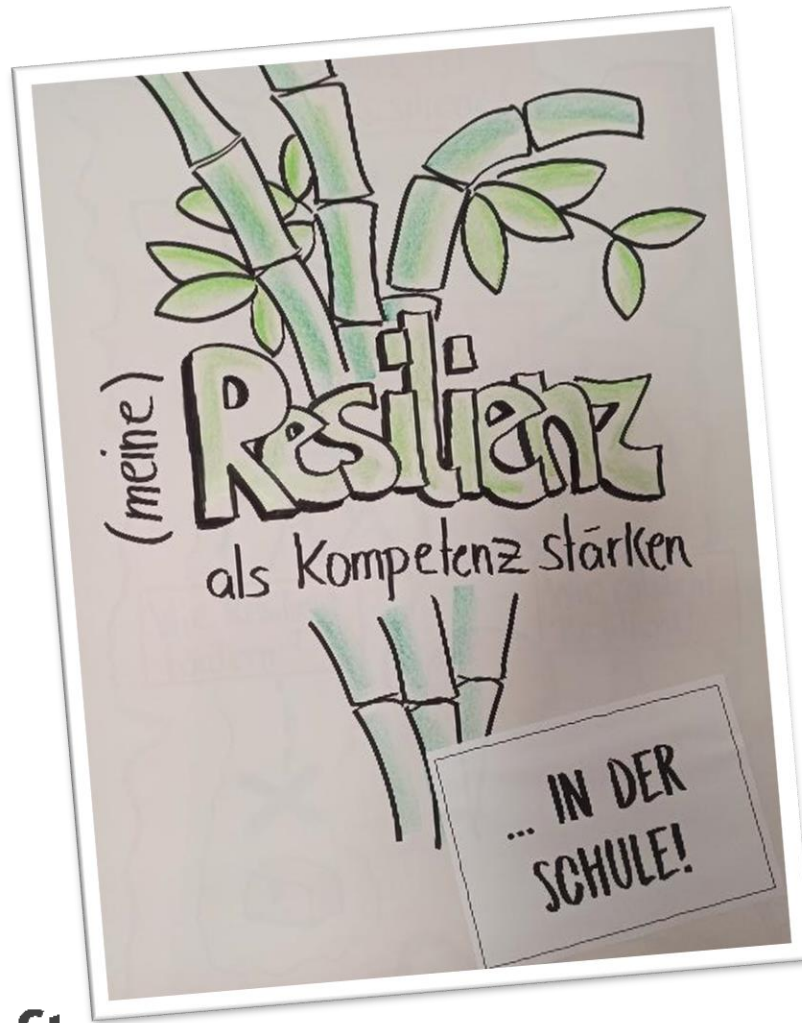
Fotodokumentation

Fortbildung „Flexibel statt hart – Resilienzförderung im Schulalltag

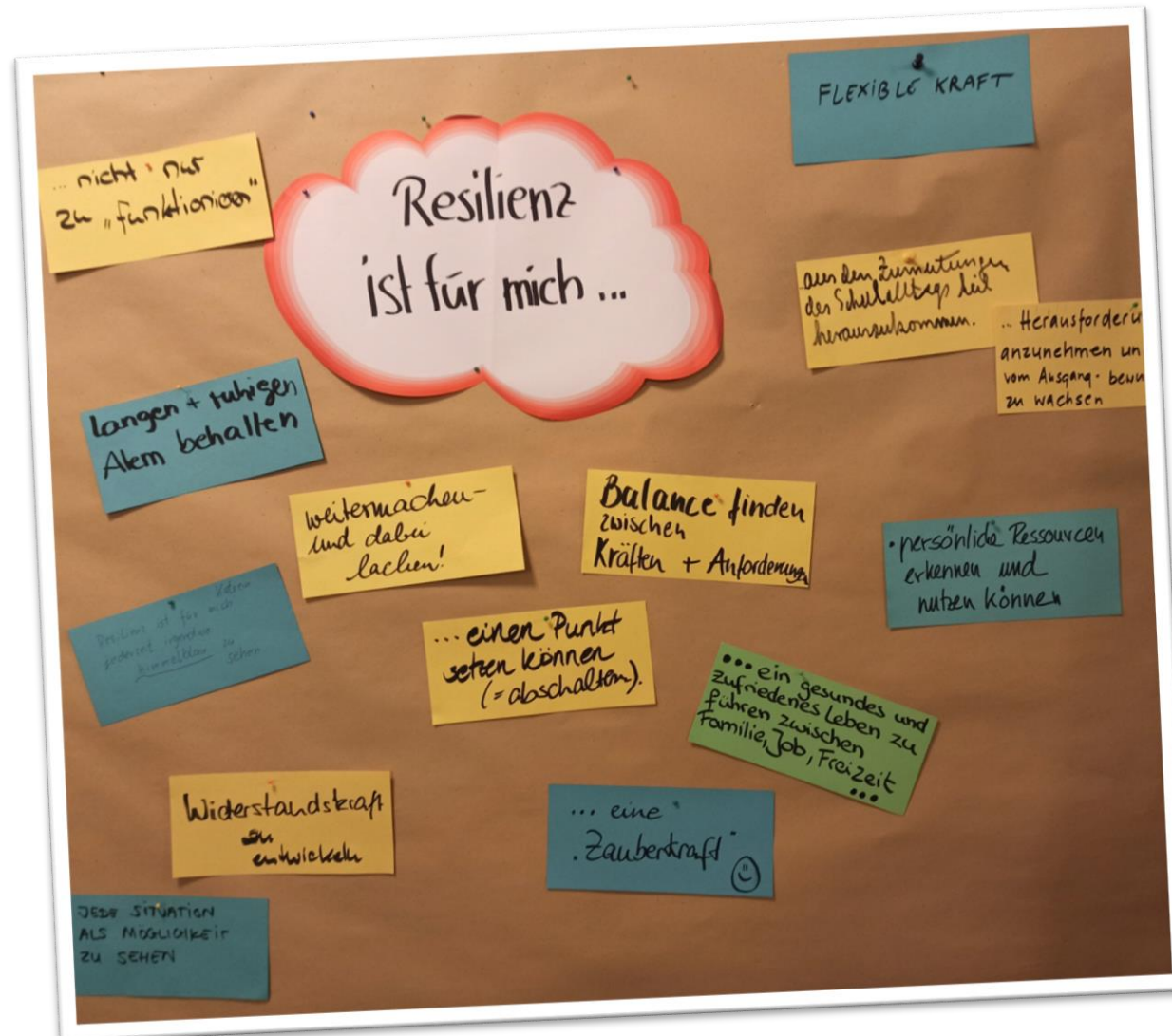
Oliver Schmidt (11.11.2022, LI Hamburg)



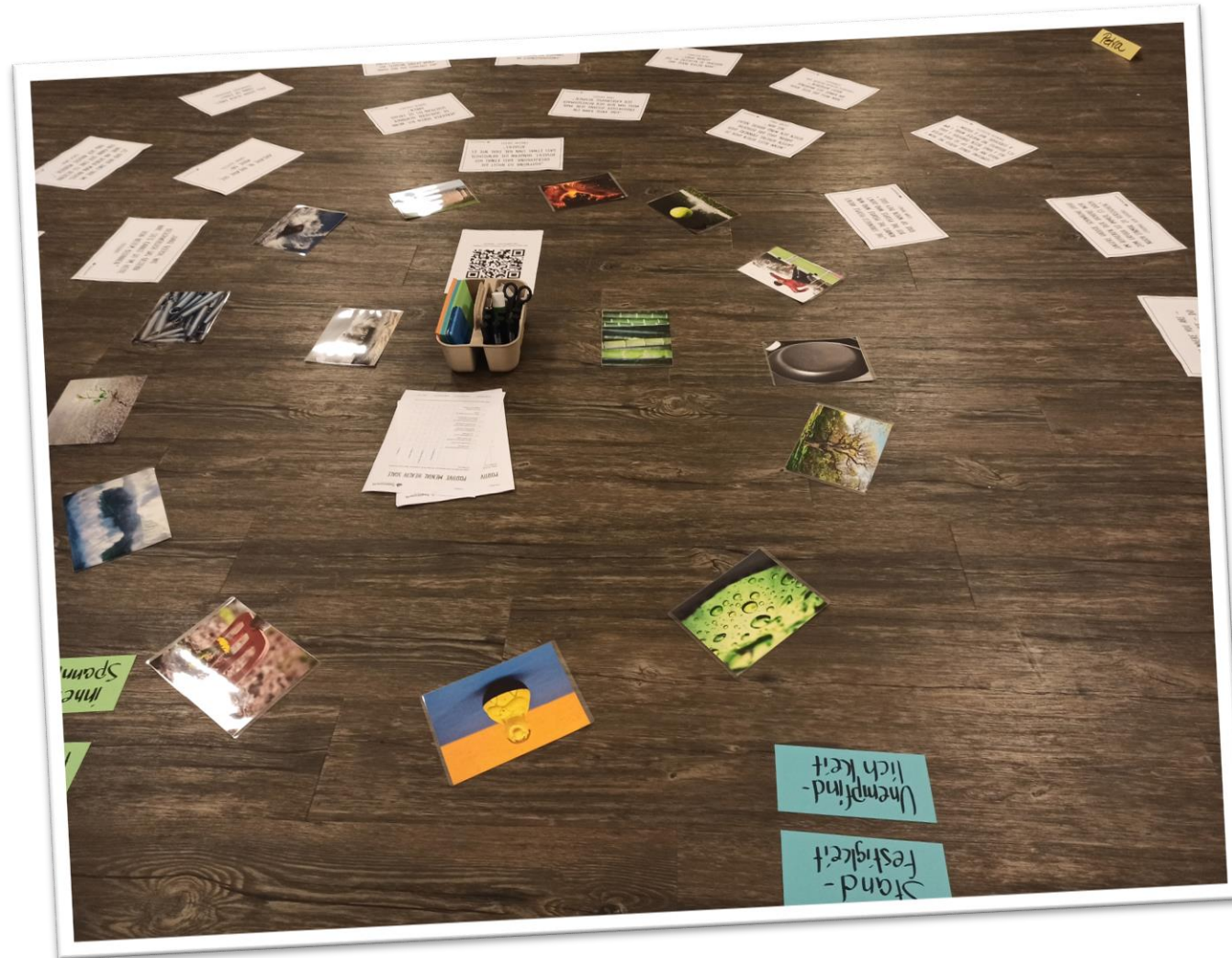
Thema & Agenda



Einstieg



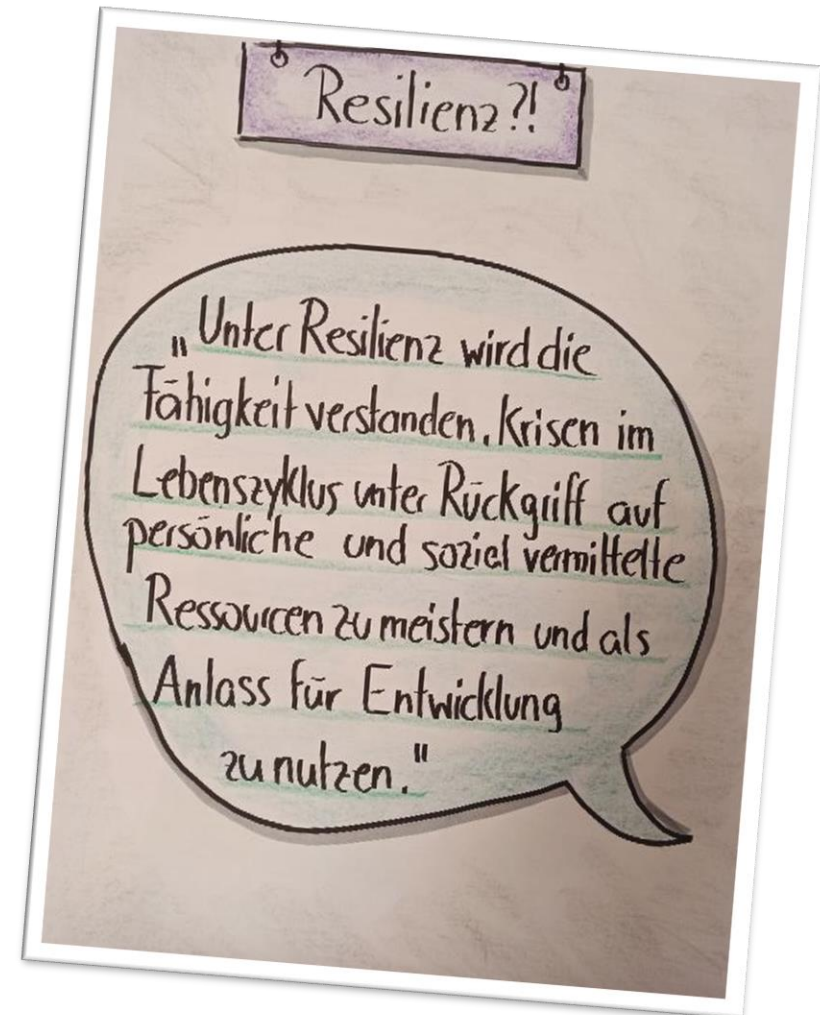
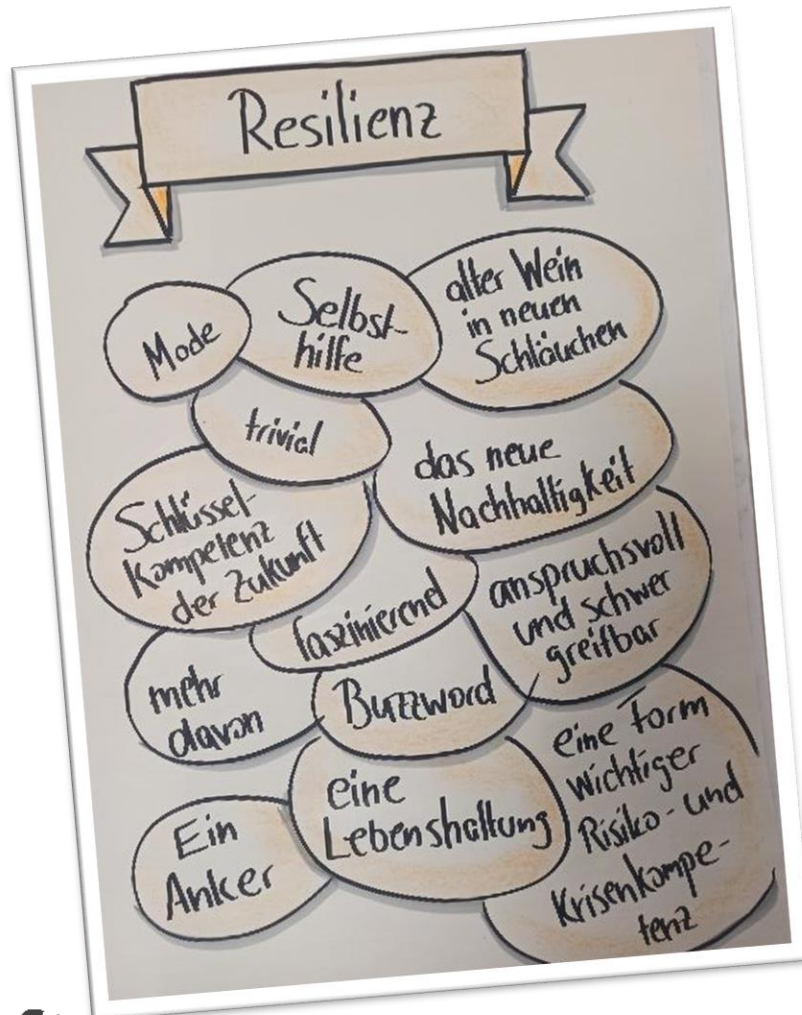
Metaphern & Zitate zum Thema



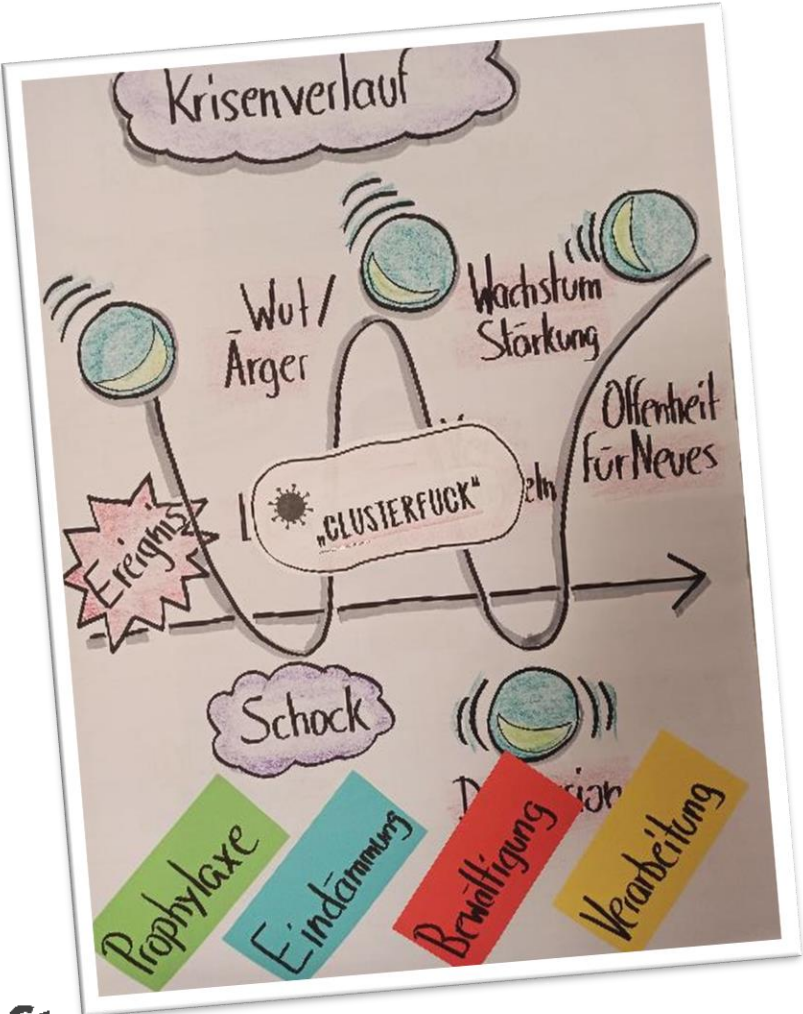
Stressresistenz vs. Resilienz



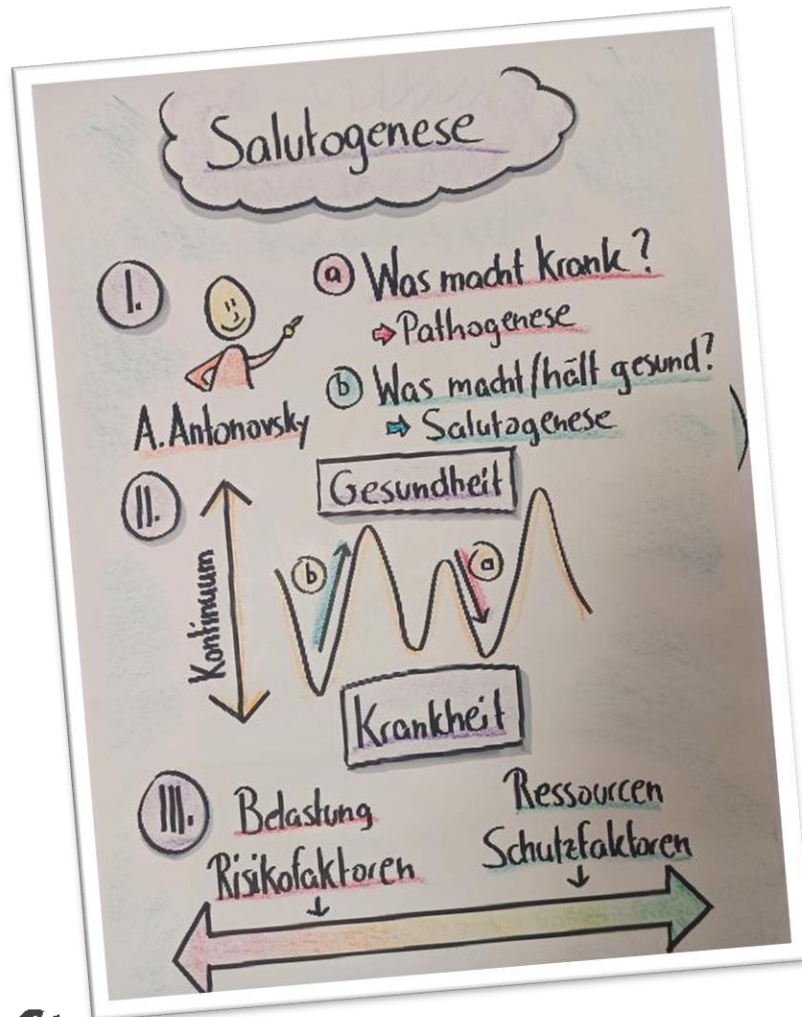
Was ist Resilienz?



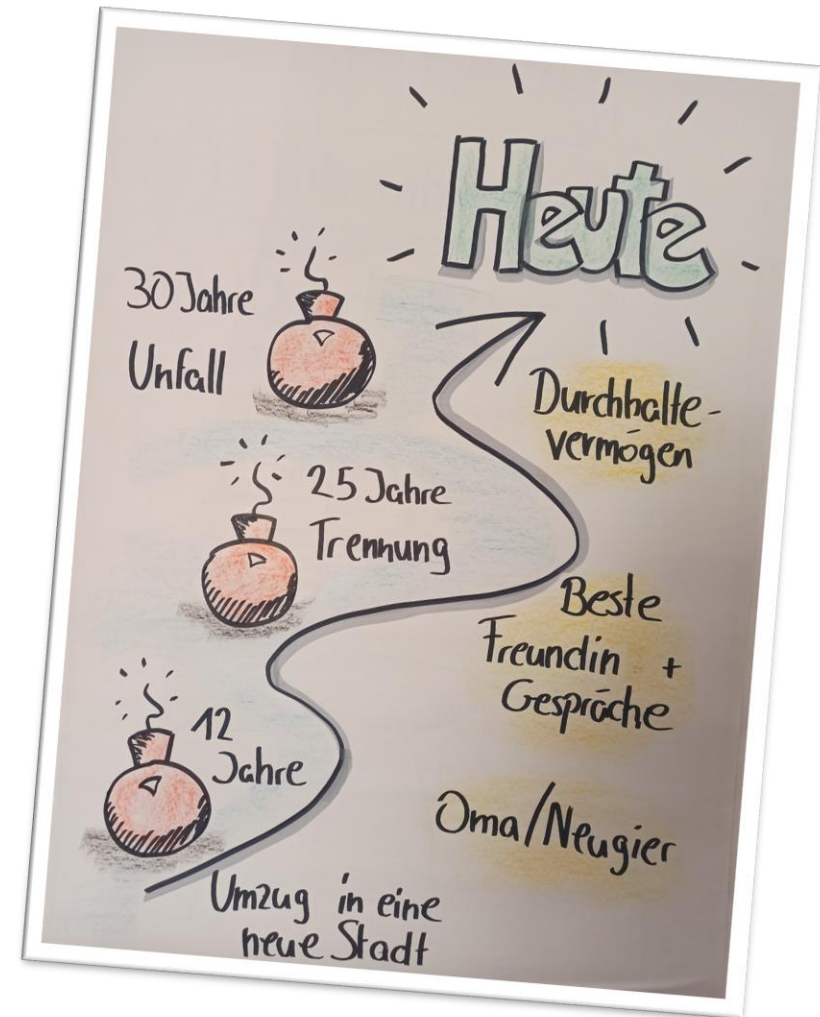
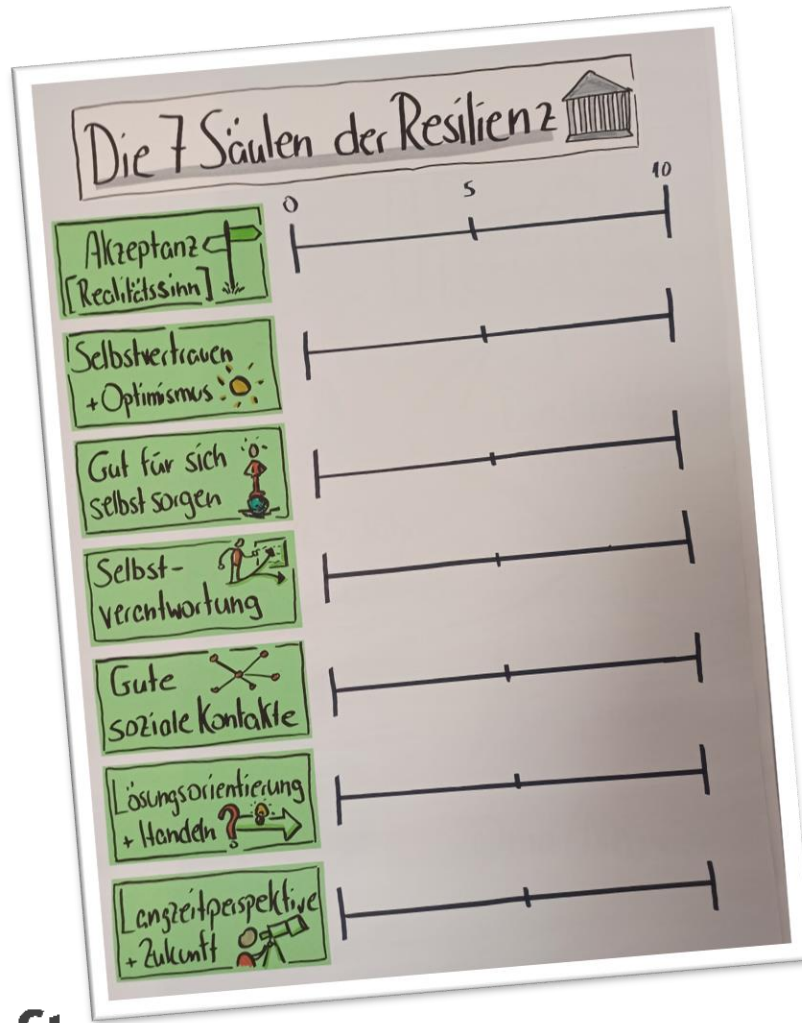
Krisenverlauf & Resilienzforschung



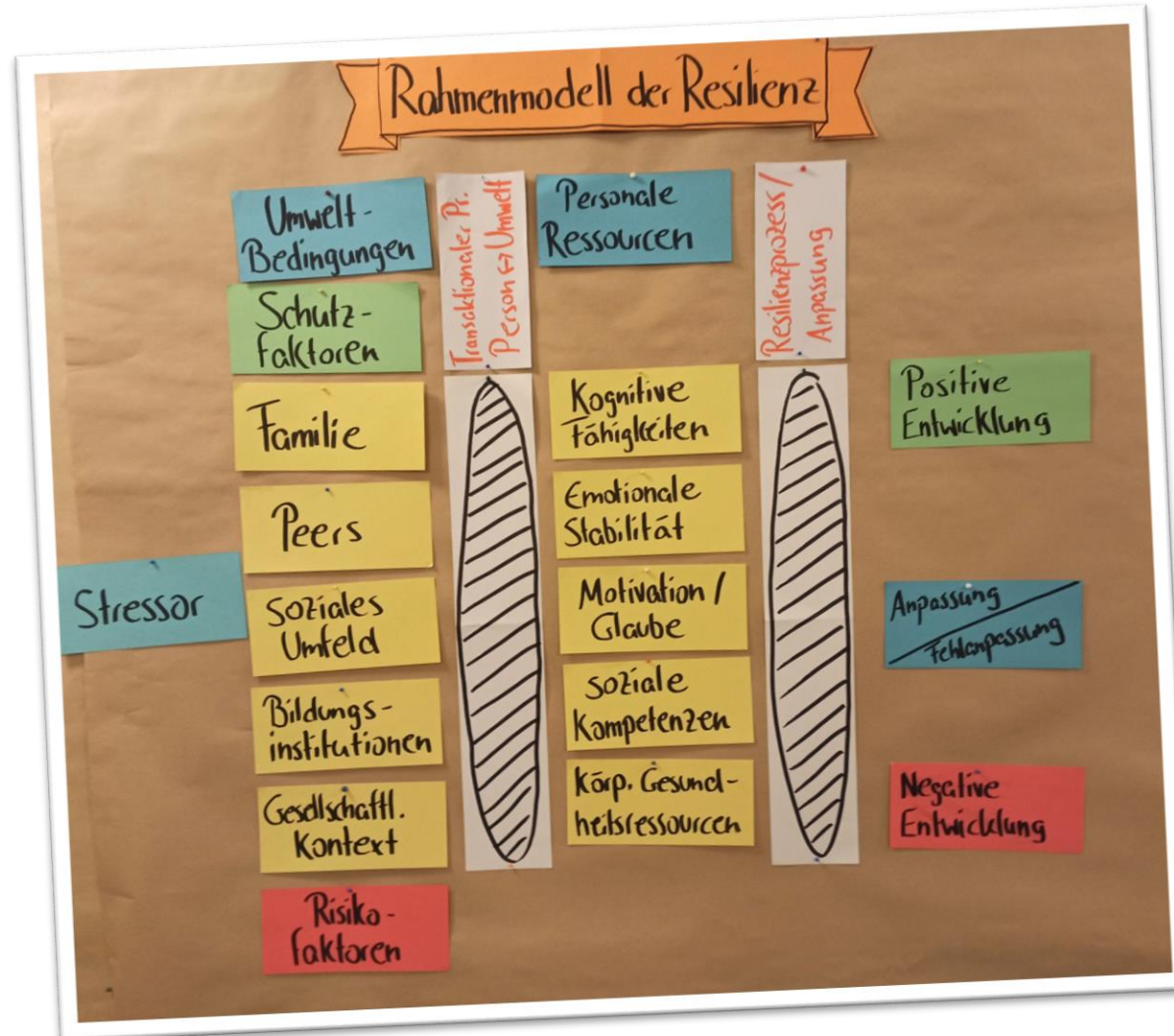
Salutogenese & Kohärenzgefühl



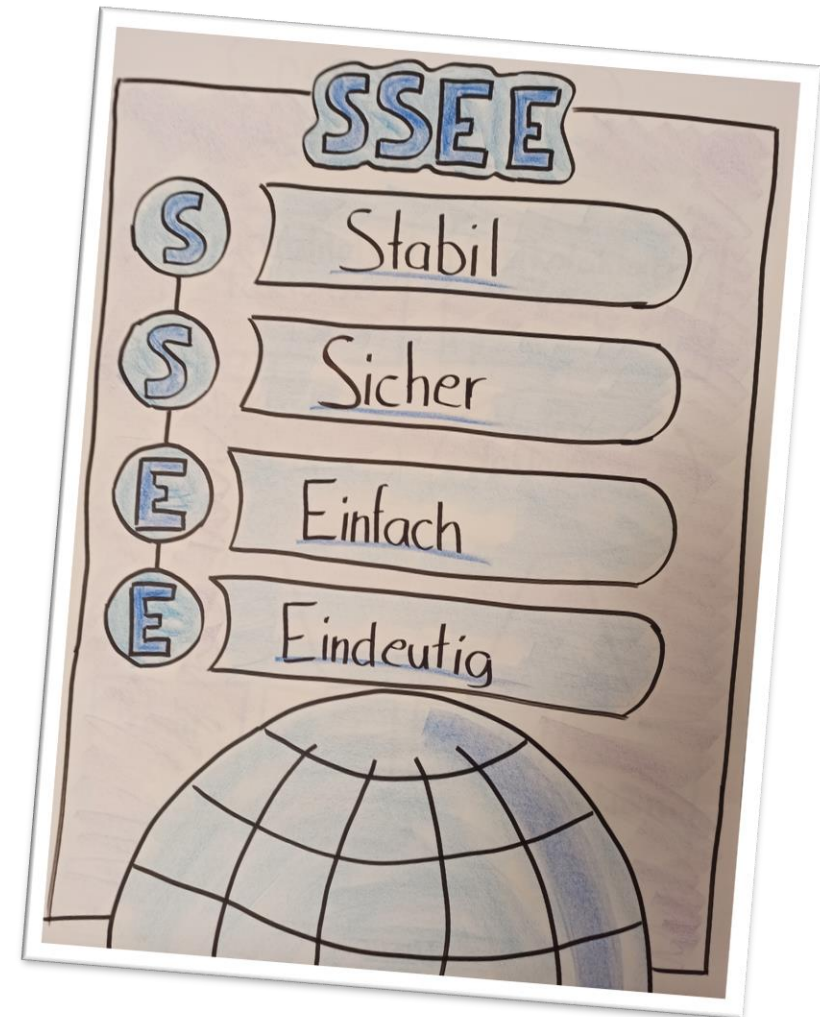
7 Säulen der Resilienz & Krisenexpertise



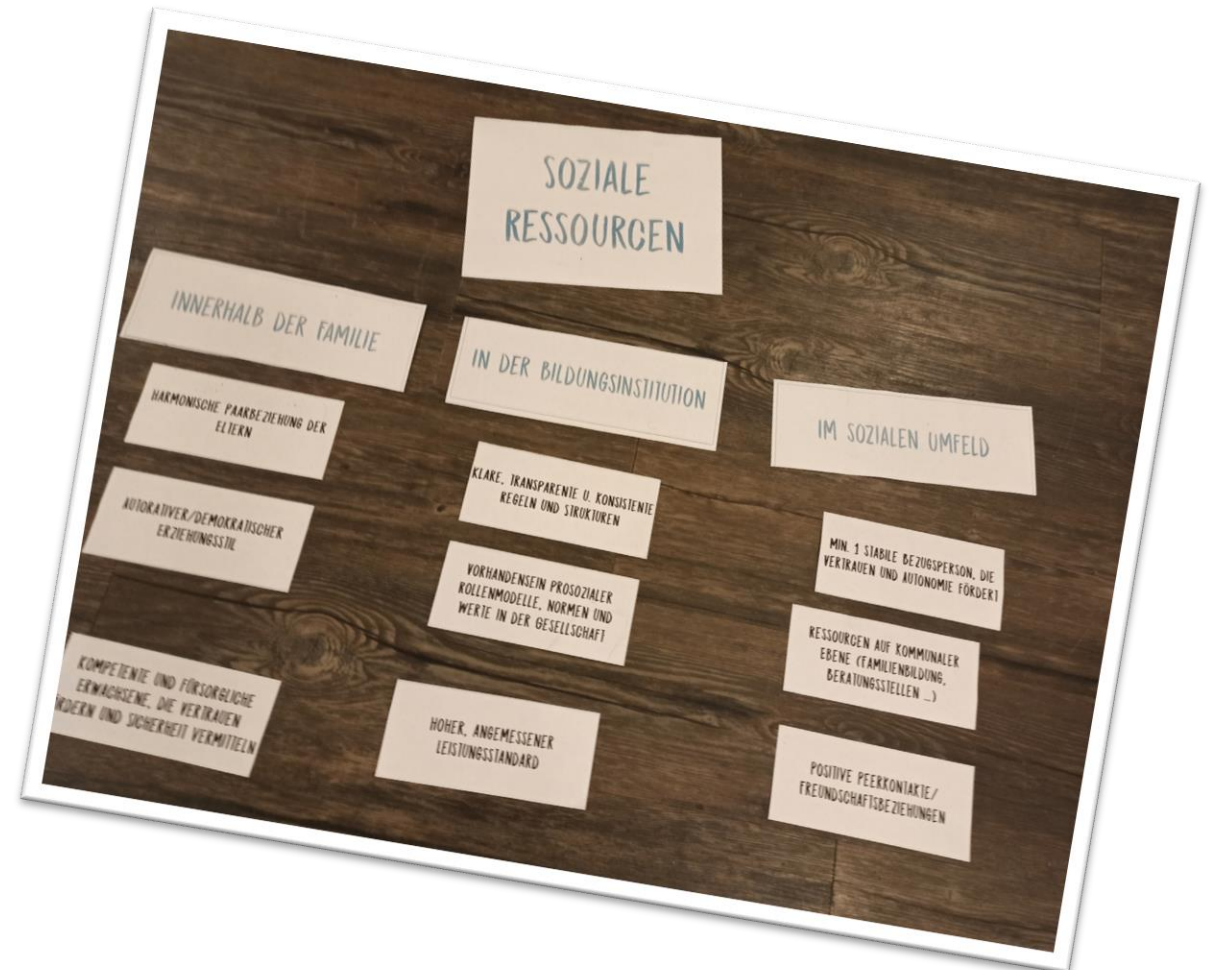
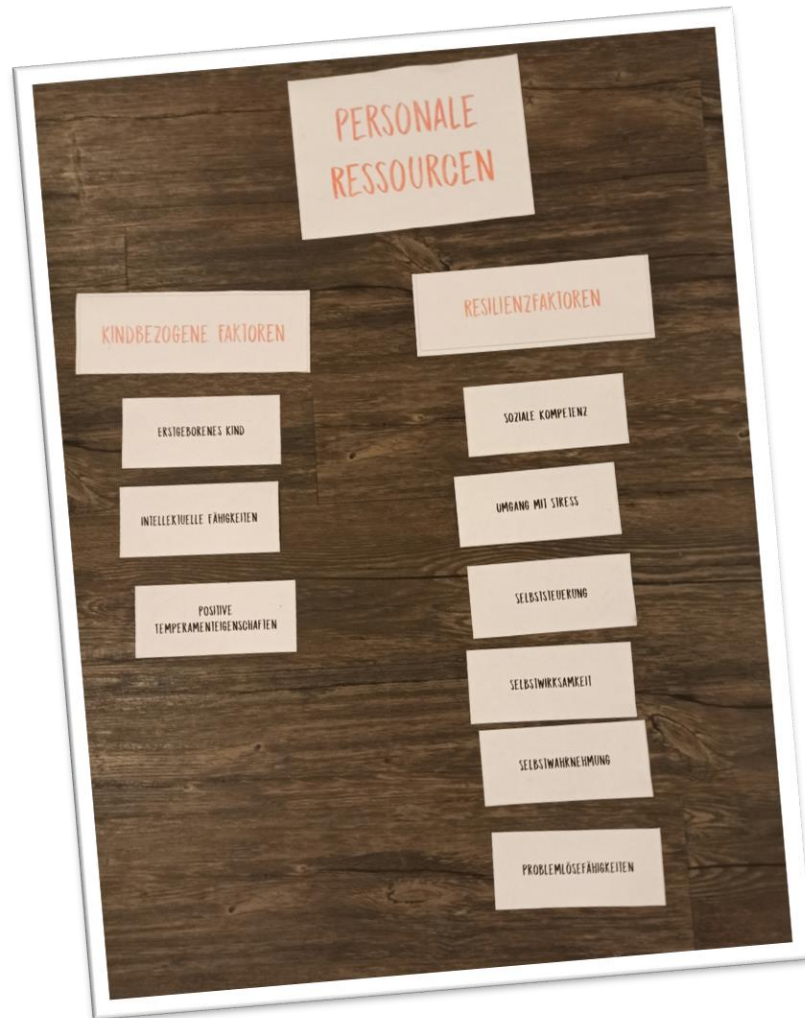
Rahmenmodell der Resilienz



VUKA-Welt & SSEE-Welt



Personale & Soziale Ressourcen



DANKE!

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