

## TRAINING CORE SKILLS

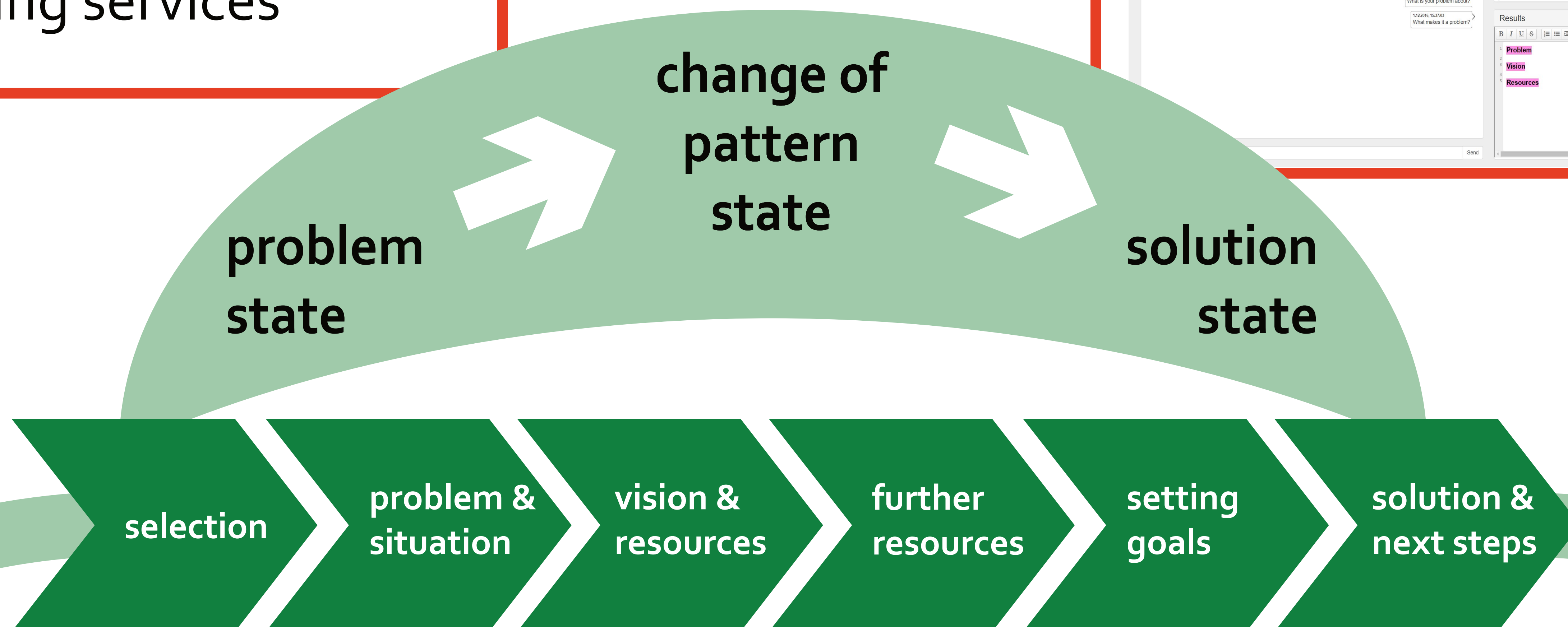
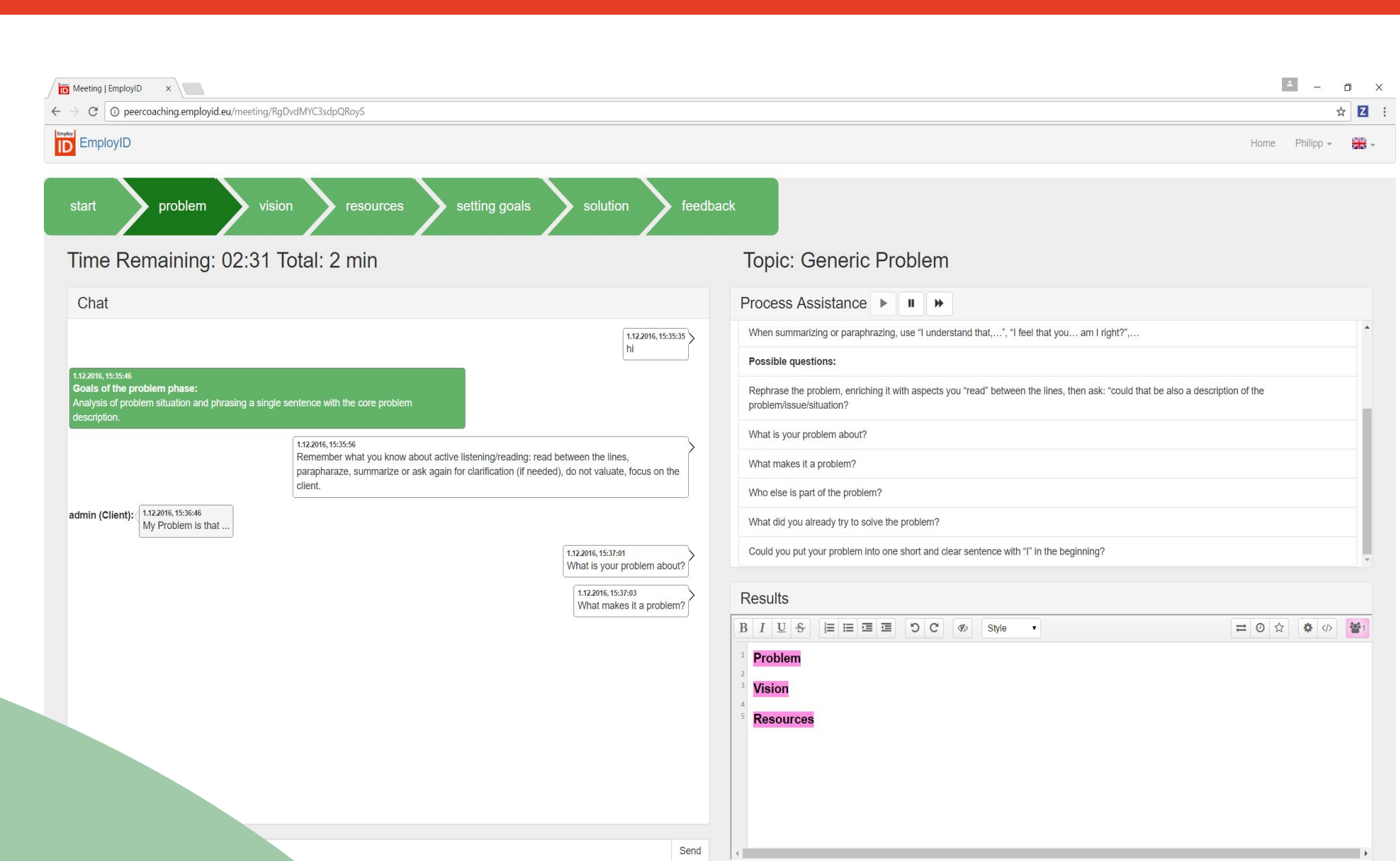
*Social online course*  
*Webinar*  
*Workshops*

Active listening  
Powerful questioning  
Emotional awareness  
Growth mindset

## PROCESS SUPPORT

Best practices  
Evaluation  
Consulting services

## APP AS ENABLER



*effective & efficient handling  
of work-related challenges and  
sustainable behavioural change*

## EFFECTS

support of mutual learning  
coping strategies  
reflection  
emotion regulation  
identity transformation

*"Solutions to problems  
are sometimes very simple,  
all we need is help from  
colleagues to become aware"*

*"This way of solving problems  
makes sense since it changes  
attitudes."*