

STRESS MANAGEMENT & RESILIENCE WORKSHOP

Master Your Mind

- Build Resilience
- Reduce Stress
- Thrive Daily



8 ELEMENTS OF EFFECTIVE STRESS MANAGEMENT

In our fast-paced world, stress management and resilience often take a back seat as we navigate daily pressures and responsibilities. The constant demands of work, family and personal commitments can leave individuals feeling overwhelmed and unable to cope effectively. Without the right strategies, maintaining focus and well-being becomes increasingly challenging.

By prioritizing stress management and building resilience, you can enhance your mental and emotional well-being and improve your performance in both personal and professional spheres.

ELEMENT 1:
STRESS FACTORS



*Identify
Stress Factors*

ELEMENT 2:
FUNCTIONING OF OUR BRAIN



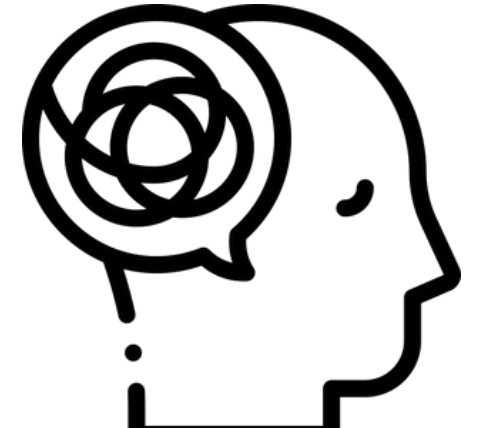
*Understand
Neuroscience Basics*

ELEMENT 3:
CONTROL MECHANISMS



*Explore Fight, Flight,
Freeze Responses*

ELEMENT 4:
THOUGHTS & FUSION



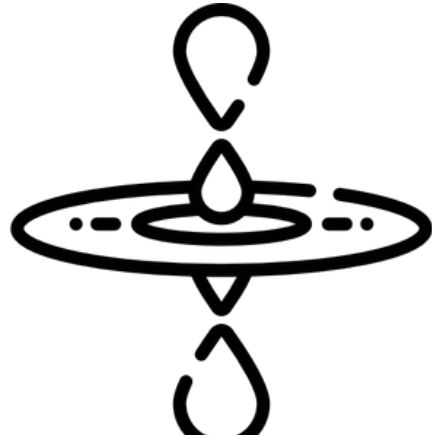
*Challenge Negative
Thoughts*

ELEMENT 5:
ACCEPTANCE & DEFUSION



*Practice Acceptance
& Defusion*

ELEMENT 6:
ATTENTION & MINDFULNESS



*Incorporate
Mindfulness Daily*

ELEMENT 7:
ANCHOR WITH VALUES



*Align with
Values & Goals*

ELEMENT 8:
ACTING ON VALUES



*Act in Accordance
with Values*

Join us for an engaging two-day workshop exploring stress management and resilience-building principles. Participants will learn practical techniques to recognize stress triggers, implement coping strategies, and develop a resilient mindset.

Through interactive discussions and hands-on activities, you'll discover how to reduce stress and cultivate a healthier approach to life.

Don't miss this opportunity to transform your relationship with stress and build the resilience needed for lasting success!



Business Relevance

- Content is rooted in **research, studies** and **expert advice**, combined with my experience as factory manager & head of operational excellence & training.
- All tools are tested and validated in **real-world business** environments, ensuring practical, high-impact results.
- This approach directly tackles business challenges with **proven solutions**, delivering significant ROI.



Inspiration & Neuroscience

- All content is grounded in **real-life stories and experiences**, ensuring authenticity.
- Incorporates **neuroscientific principles** to engage and inspire, appealing to both hearts and minds.
- Designed to drive meaningful action by combining **emotional connection** with **logical clarity**.



Effective Anchoring

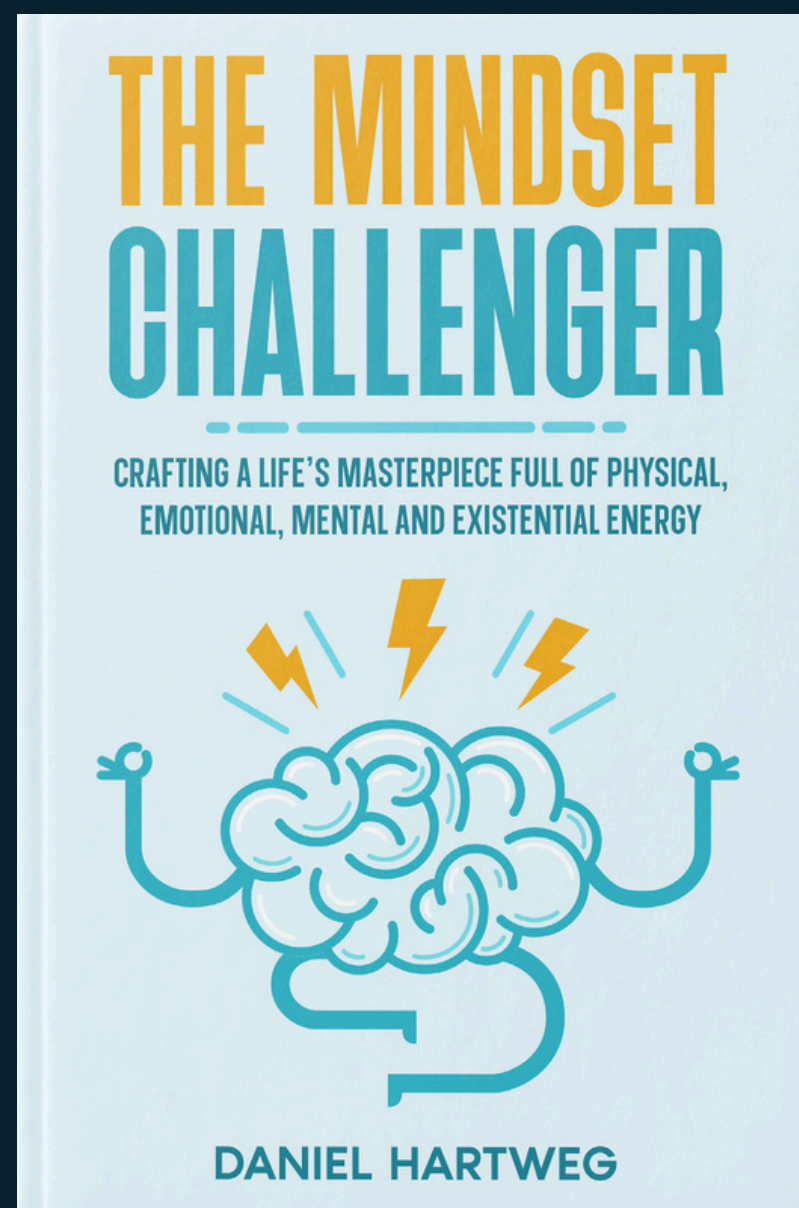
- **Follow-up programs** embed learning into routines and processes.
- Neuroscientific techniques ensure **long-term retention** and **practical application**.
- **Simple, business-relevant tools** are immediately applicable for solving common issues.

TAKEAWAYS

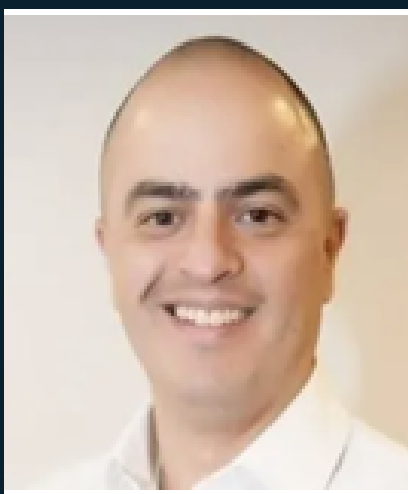
By the end of this workshop, participants will have:

- An understanding of the neuroscience behind negative thoughts.
- An approach to managing sorrows and anxiety, promoting emotional well-being.
- Tools to align actions with personal values, ensuring a purpose-driven life.
- Practices to integrate mindfulness into daily routines for enhanced focus and stress reduction.
- Knowledge of the A.A.A.A. Methodology (Attention, Acceptance, Anchor, Action) for cultivating resilience.
- Enhanced resilience skills to thrive in the face of challenges and adapt to life's demands.

HANDBOOK



TESTIMONIALS



AUGUSTO R.

*Head of Supply Chain
Germany*

"I've attended to 4 workshops, and I want more...The workshops are very inspirational, practical, participative and funny. I always left the workshops with a clear mind on how to apply the content on a day-to-day basis. Besides, it amplifies the way you see things and people, as well as it helps to get to know yourself."



Ralitsa A.

*Master Student in
Biotechnology*

"The stress management workshop was absolutely amazing and enlightening. The very insightful content was structured in a way that was easy to digest. It was an interactive experience and the group dynamic was great. Very useful techniques, such as the 1-minute breathing exercise, were shared that can be easily implemented into a busy everyday life. Looking forward to the next one."



EMANUELE N.

*Head of Maintenance &
Engineering*

"I have participated at the workshops at the beginning of my journey in a new company. Besides of the fact that they were interactive, fun and they helped to build relationship and connections with the participants, they also provided me and the team a methodology with practical tools to be implemented on a daily basis."



UTE S.

*Assistant & Change
Agend Coordinator*

"The workshops fascinated me because they were very interactive, entertaining, emotionally touching and inspiring. Afterwards, I was able to effectively implement the contents in everyday life and apply them sustainably, as they are very practice-oriented. The workshop topics are absolutely relevant and necessary in today's private as well as professional environment."



DIRK L.

*Head
of EHS*

"Good training lives from the fact that the students can learn content theoretically and practically. It is important to keep learning fun, which is best achieved through interactive role plays and exercises. If you want to take part in really good and sustainable workshops, you should attend Daniel's. The trainings are interesting, instructive and and above all not boring."

TRAINER



My Purpose

“To inspire people to unlock their potential, so that they spread engagement, empathy and effectiveness.”



Daniel Hartweg



Education

Diploma degree of Industrial Engineering & Management
(Karlsruhe Institute of Technology)



Work

Author, Trainer, Founder & Managing Director
(The Mindset Challenger)
Head of Operational Excellence & Training (Lonza)
Site Director (Grünenthal)
Factory Manager (Coca-Cola)
Production Manager (Nestlé)
Market Focused Improvement Pillarleader –
Operational Excellence (Nestlé)
Industrial Performance Specialist (Nestlé)



Certifications

Master Black Belt – Lean Six Sigma
Black Belt – Design for Six Sigma
Total Performance Management Coordinator

FRAMEWORK

Duration: 1 day

Participants: 10-20

Trainer: Daniel Hartweg

Language: English, German

Sustainable application (optional): Weekly quiz question, coaching program, anchored routines in daily work

Fee: 3.000 CHF + Travel expenses



**THE MINDSET
CHALLENGER**

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