Resilience - find your inner strength in challenging times - online keynote speech in English

The resilience research analyses the effective characteristics of people who are able to cope well with the critical incidents they face. It identifies seven factors that help us to stay healthy during a crisis. This keynote speech will give an overview on the “seven pillars of inner strength” and also impulses to increase one’s own resilience

(Please log in 5 - 10 minutes earlier).

19.08.2021 (11.00 a.m. - 12.00 a.m.)

Keynote speech in English

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(will take place in the Netzwerk Gesundheit MS Teams channel)