

# Invitation to our online workshop

## **Developing Resilience in our Personal and Professional Life**

on Saturday, 30th January 2021  
from 10:30 to 13:30 (via zoom)

Dear Teachers,

In cooperation with MELTA we are delighted to invite you to our online workshop "Developing Resilience in our Personal and Professional Life" with Patricia de Griese, on Saturday, 30th January 2021, from 10:30 to 13:30. The workshop will take place via zoom.

Please sign up for the workshop by sending an email to: [veranstaltungsservice@klett-sprachen.de](mailto:veranstaltungsservice@klett-sprachen.de)

Everyone who has registered will be sent the zoom-link on Saturday, 30th January at 10:15.

**Special offer:** After the workshop all participants will have the opportunity to order a free digital edition of Let's Enjoy English! A1 You'll need to be registered on the Klett-Sprachen website in order to receive your free digital edition, so if you are not registered yet, sign up here now: [www.klett-sprachen.de/anmeldung](http://www.klett-sprachen.de/anmeldung).

Looking forward to seeing you in this fascinating online workshop.

Best wishes,  
Donato Miroballi

Adult Education Consultant  
[veranstaltungsservice@klett-sprachen.de](mailto:veranstaltungsservice@klett-sprachen.de)

### **Developing Resilience in our Personal and Professional Life**

Life is full of unexpected events, change is inevitable, and humans crave security and a certain sense of control. And now the pandemic has increased our uncertainty in terms of our jobs, the economy, physical and mental health issues, work-life balance, relationships and more. What behaviors have you adopted to cope with the discomfort uncertainty brings? What can we do to navigate the complexities of change? How can we thrive under conditions of dramatic shifts? How can we use our strengths in the virtual classroom?

Join this session to find the answers and get to know the tools and strategies we need to manage uncertainty and boost resilience in our personal and professional lives.

We will be using *Let's Enjoy English*, Klett's new series for adult learners, as a resource to brainstorm and explore ways to design fun and engaging activities for the virtual classroom.

The session is designed to be interactive. Participants will be expected to share thoughts, ideas and experiences, contribute to discussions, respond to polls, speak up during plenary sessions and work in groups. All participants will be asked to use their camera and audio for the duration of the session.



**Datum:** 30.01.2021

**Zeit:** von 10:30 Uhr bis 13:30 Uhr

**Ort:** Online - Zoom

**Referent/in:** Patricia de Griese, Teacher Trainer and Certified Systemic Coach