Stefanie Fehr-Hoberg

My personal approach to stress / resilience

Stefanie Fehr-Hoberg, an experienced trainer and coach in communication, leadership and mindfulness, presents the topic ‘My personal approach to stress / resilience’. Her lecture is divided into several core areas:

1. **Introducing the topic**: Fehr-Hoberg introduces the importance of personal stress management.
2. **The stress traffic light**: She explains Gert Kaluza's three levels of stress:
    - Stressors (external pressures)
    - Personal stress amplifiers (individual attitudes and behavioural habits)
    - Stress reactions (physical, emotional and behavioural effects)
3. **Stress competence**: Fehr-Hoberg discusses various ways of coping with stress, based on the three pillars of the stress traffic light.
4. **Thought patterns**: She analyses thought patterns that exacerbate and promote stress and offers strategies for mental restructuring.
5. **Mindfulness impulses**: Three practical mindfulness exercises for everyday life are presented, inspired by techniques for reducing stress and promoting serenity.

Fehr-Hoberg's conclusion emphasises that stress is a universal phenomenon, but that dealing with it consciously makes all the difference. She encourages participants to use their existing stress management skills and develop new strategies to strengthen resilience and promote personal growth.