



## Module 5 – Health and Resilience

### AGENDA

Introduction – Vulnerability, Awareness, Humbleness – What truly counts – Video (6')

Part 1 – My personal well – being: Self Check

1. Introduction – Video (4')
2. Self Check PDF (6')

Part 2 – My psychological drivers

1. How do we develop psychological drivers? – Video (2')
2. How to analyze my psychological drivers – Video (2')
3. Questionnaire and Evaluation of my drivers PDF (15')
4. Psychosocial drivers explained – Video (5')
5. Learning to manage my psychological drivers (6')
6. Psychological Drivers - Peer Discussion PDF (20')

Part 3 – My heroic modes

1. How to become aware and manage my heroic modes? – Video (6')