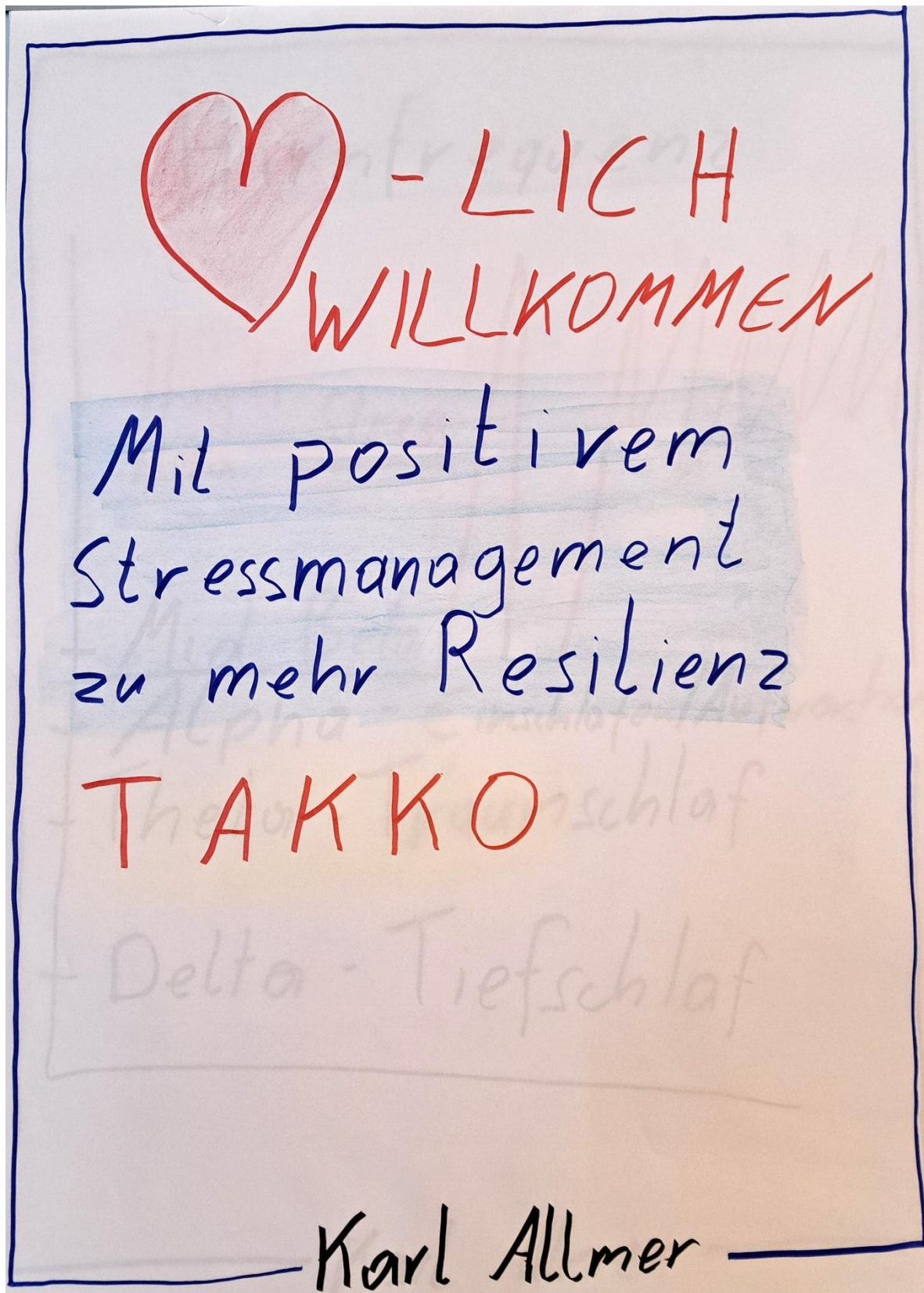


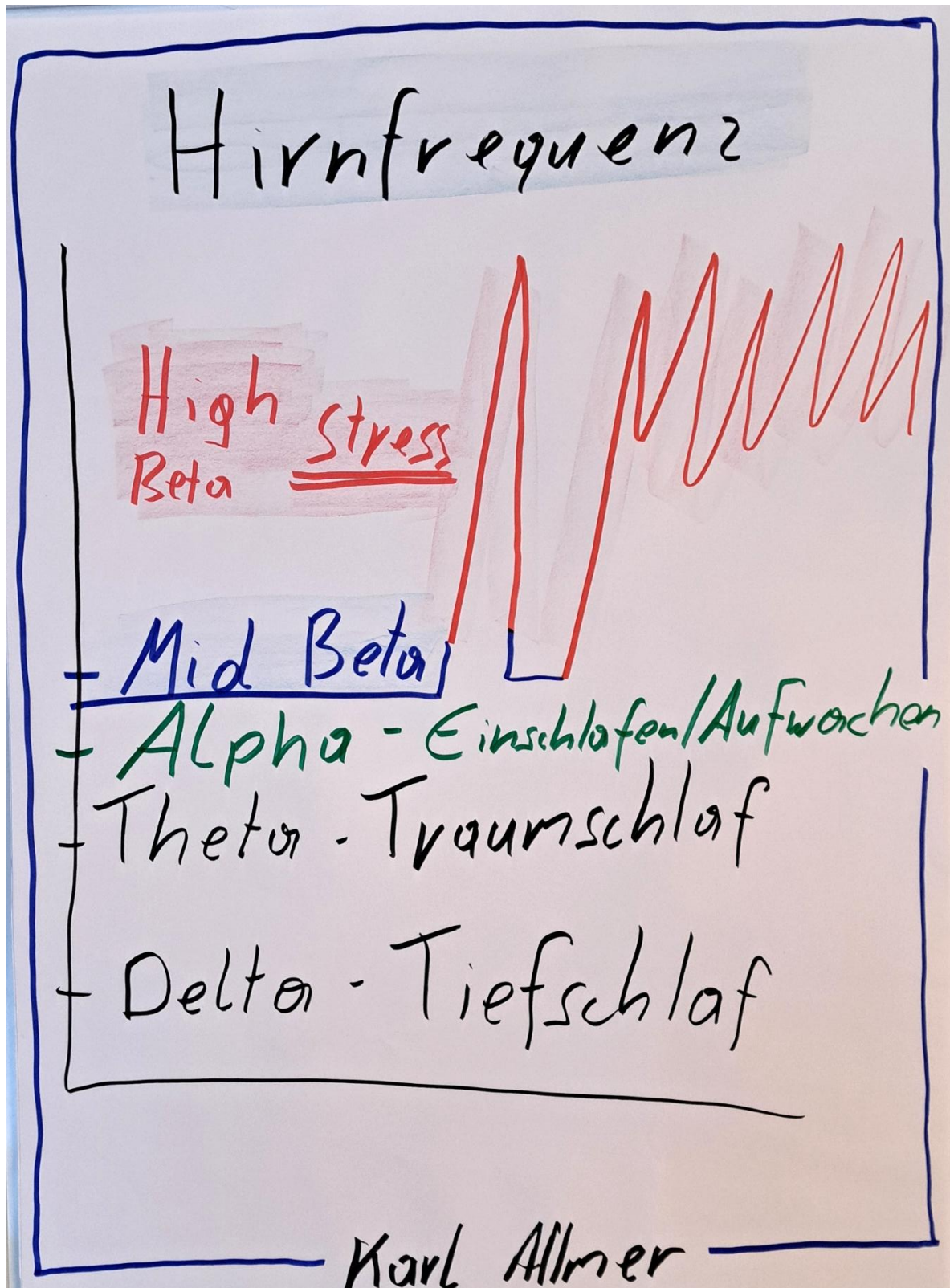
Flipchart-Protokoll zum Workshop  
**Mit positivem Stressmanagement zu mehr Resilienz**



10.04.2025

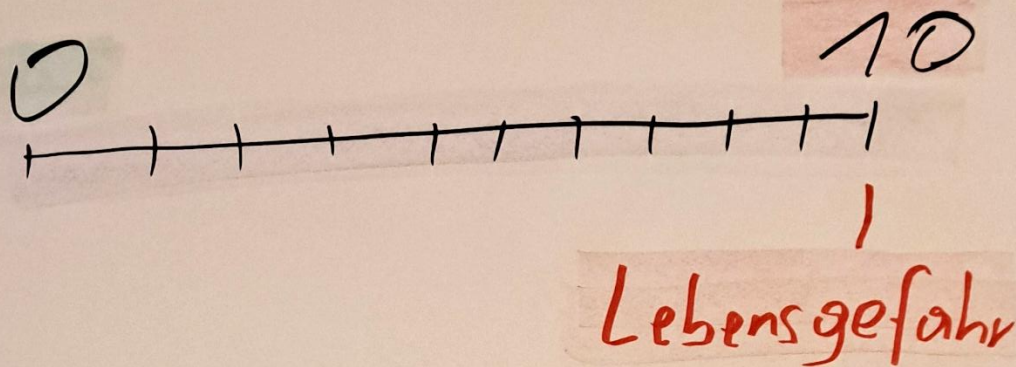
Von Karl Allmer







# Stress-Skala



Wie gefährlich ist  
die Situation  
wirklich?

Karl Allmer