



YOUR FIRST 90 DAYS TREK

In the next 13 week you will start working with various work-outs!
From pleasant stretches to intensive workouts for your resilience muscle.

With a number of exercises you specifically move your left brain - the logical and analytical part - into motion. And with others you start working with your right brain - the intuitive and emotional part. Together they give you a perfectly balanced work-out and you know quickly how it feels to be resilient.

Start		Un-box your 90 days program and start now! Register & start with your resilience scan
Week 1		Empathy Understand & Connect
Week 2		Explore Take an openminded approach in your new job
Week 3		Set goals Have a clear goal or mission
Week 4		Quick wins Early successes are decisive
Week 5		Your brand What impression do you want to make
Week 6		Five conversations Have fruitful conversations with your manager
Week 7		Co-operation, coalitions and stakeholders Build a strong network
Week 8		Self-evaluation What goes well and what can go better
Week 9		Emotion management Emotions are an indicator for your resilience
Week 10		Asking feedback Update your self-image
Week 11		Proactively give your impressions Naming opportunities to improve
Week 12		Progression Where are you in your development
End		Thrive Which habits have you developed

"YOU NEVER GET A SECOND CHANGE TO MAKE A FIRST IMPRESSION"