

# Training with the Zurich Resource Model (ZRM)

We all have goals in our professional and private lives, and at the same time we realize that it is often challenging to tackle and implement them. Where do I really want to go, how can I find out and how do I manage to implement my project?

In this workshop we try to find out which need and motivations live within us and how they can be used for our purpose. The Zurich resource model serves as the basis for this. For this training, which is to be understood as a personal process, we work individually, in small groups and exchange experiences during our training.

## Content

Images help us to perceive what we really wish (projective procedure). We pay attention to our emotional and physical reactions. Based on this, we try to formulate the attitude with which we approach goals and challenges. The suggestions of the other participants will be supportive. Finally, we try to internalize the personal targets we have developed for our everyday life, so that we can remember it even in demanding situations. This is done by linking it to planned sensory perceptions and corresponding exercises.

Proven working materials from the Zurich Resource Model serve as the basis for this.

## Objectives

- You can recognize and interpret your own emotional and physical reactions with regard to a self-defined goal.
- You define personal goals for yourself in the form of an approximation goal, which is in your power and formulated positively.
- You are aware of your own "pool of resources" and can use it effectively to achieve your personal goals.

## The ZRM, what is it?

The Zurich Resource Model (ZRM) is a psychoeducational training of self-management. It was developed by Maja Storch and Frank Krause for the University of Zurich in the 1990s. It integrates insights from psychoanalysis and motivational psychology based on neuroscientific findings on human learning and action. Various techniques are used in the training, such as systemic analysis, coaching, knowledge transfer and self-help techniques in the group. The training is intended to systematically enable people in their development process on the cognitive, emotive and physiological level. With the help of the ZRM, people should become aware of their own defined topics and motivations, develop goals, discover their own resources and acquire skills in order to activate the necessary resources that enable goal-oriented action. This should lead to the development and expansion of one's own self-management skills.