

**Programme of the wingwave congress and wingwave in-depth seminar :**  
**Future Resilience**

**Program day 1**

10:00 – 10:15	Welcome and Introduction: Resilience for the future Cora Besser-Siegmund, wingwave trainer Cora Besser-Siegmund, wingwave-Lehrtrainerin
10:15– 11:15	Prof. Dr. Raffael Kalisch: "The resilient person - Brain research and practical concepts for everyday life".
11:15 – 11:30	Discussion with Raffael Kalisch Presentation: Harry Siegmund, wingwave-Lehrtrainer
<b>11:30 – 12:00</b>	<b>BREAK and book signing with Raffael Kalisch</b>
12:00 – 13:00	State of research on wingwave Overview of the new book: "Resilience in the face of the future" with authors Cora Besser-Siegmund, Harry Siegmund, Lola Siegmund, Elke Hartmann-Wolff (science journalist) Topics: media, environmental and gift psychology Presentation: Jo Hermann, wingwave coach".
<b>13:00 – 14:30</b>	<b>PAUSE</b>
14:30 – 15:30	Presentation and talk: Moments of light and a future panorama full of resources Cora Besser-Siegmund, wingwave trainer
<b>15:30 – 15:45</b>	<b>PAUSE</b>
15:45 – 16:30	Intervention experiment: "Moments of light and a future panorama full of resources".
16:30 – 17:00	Presentation and speech: Colliculus Coaching "Magic Movements" for surprise fitness programmes Lola Siegmund, wingwave trainer
17:00 – 17:30	Testing the intervention: Colliculus Coaching "Magic Movements" for surprise fitness Lola Siegmund, wingwave" trainer
17:30 – 18:00	Presentation of the wingwave Coaching Award Preview of the wingwave 2023 Congress: "Offline Power - Being healthy and successful thanks to breaks!"

## Program day 2

10:00 – 10:15	Welcome trance: Remembering the future Harry Siegmund*
10:15 – 11:30	Doomscrolling <sup>1</sup> - The flood of information in our brains Elke Hartmann-Wolff - Science journalist
<b>11:30 – 11:50</b>	<b>PAUSE</b>
12:00 – 13:00	Presentation, demonstration: "Mental protection against disasters and raising awareness of the good news" Lola Siegmund*
<b>13:00 – 14:00</b>	<b>MITTAGSPAUSE</b>
14:00 – 15:00	Experimenting with the "Mental protection against disasters and raising awareness of good news" intervention
15:00 – 15:30	Presentation : "Far Eastern Koans as training for resilience" Harry Siegmund**
<b>15:30 – 15:45</b>	<b>PAUSE</b>
15:45 – 16:45	Demonstration and experimentation "Far Eastern Koans as resilience training".
16:45 – 17:00	Enclosure and integration into everyday life

Note: The name "Doomscrolling" refers to the act of endlessly scrolling through negative or worrying news on social media or news sites, which can have a negative impact on mental well-being.

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