

This so called **Strength Coaching Cyclus** of selected strengths was heuristically developed for the purpose of coaching and has been used and proven its worth many times in group coaching sessions (indoor, outdoor, online) with parents of children with disabilities. This structure has emerged as a **possible basis to initialize discussions on how to successfully deal with self-imposed and externally caused challenges.**

Selected references to scientific contexts are made here; linked to a few selected sources:

Anthropocene (<https://bit.ly/3NLJYXi>, <https://bit.ly/3mEYAM9>)

Connectivism (<https://bit.ly/3tuCD6e>)

Charisma (<https://bit.ly/3tylqsO>, <https://bit.ly/3OrLL3R>)

Change (<https://bit.ly/3mLHTOZ>)

Digitalisation

(<https://bit.ly/39peaZh>, <https://bit.ly/3Qszb6a>)

Game-based-Learning (<https://bit.ly/39fFZTT>)

Goals (<https://bit.ly/3QgMtT6>)

Innovation (<https://bit.ly/3xnEI5h>)

Learning (<https://bit.ly/3Hh9Fwf>)

U-Theory (<https://bit.ly/39ovcXw>)

Positive Psychology & Coaching
(<https://bit.ly/3HhbZDN>)

Resilience (<https://bit.ly/3zyvCW3>)

Strategy & Complexity
(<https://bit.ly/39ujPND>)

Strength
(<https://bit.ly/3HhbZDN>)

Sustainability
(<https://sdgs.un.org/goals>)

Systems Theory
(<https://bit.ly/3NNTKbe>)

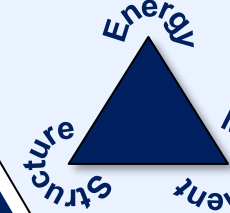
Also, references to **Blue Zones** (<https://bit.ly/3O5Z8Xk>) are given.

As the references provided on the left indicate, dealing with the **anthroposphere, biosphere and technosphere** can be helpful

In addition, a view of **resilience** that can be connected to this overarching perspective can be helpful:



Indoor, online and outdoor group coaching can be carried out:



From our experience with group coaching, endurance could be replaced by composure; as one example out of a variety of other terms that could be used:

