

10-week resilience training enabling participants to learn & apply best practices for mental health and better manage stress in a fast-paced environment



Hybrid learning resilience training for one of the fastest-growing digital consultancies

What sets OMMAX apart in the consulting industry is their unique focus and deep expertise in digital business models. With the ongoing trend of digitalization across essentially all industry verticals, it should thus come at no surprise that they've seen a continuous increase in customer demand, which has even accelerated in more recent months. With high demand comes a challenge to consistently deliver value to clients, which requires attracting and retaining highly skilled and motivated employees.

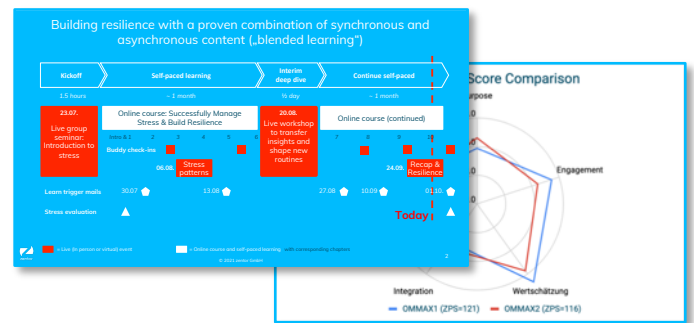
Focus on company culture and mental wellbeing

A thriving Professional Services work environment such as consulting almost by definition entails peak times of high "utilization" – meaning that employees need to deliver high value output to clients under time pressure. While this is somewhat expected and many employees thrive in situations like these, employers need to strike a careful balance to allow their staff opportunities to regenerate and enable an inclusive company culture for mutual support. OMMAX prides itself to go beyond that, to deeply care about each individual's mental health and to provide their staff with unique opportunities for personal and professional development.

zendor's hybrid learning resilience training

After identifying effective stress management as an opportunity to support their staff, Philipp Ortlieb and Antje Horn, responsible for People & Culture at OMMAX tasked zendor with developing a tailored curriculum to provide hands-on support for coping

with a fast-pace, high impact environment. zendor's hybrid 10-week resilience training fit the bill perfectly, combining a scientifically validated online course for stress management, a buddy system and live sessions. Each live session was tailored to specific use cases in consulting and focused on transferring insights into everyday challenges of participants.



Resilience training included in OMMAX curriculum

After piloting zendor's resilience training, Philipp Ortlieb stated: "We were positively surprised by the outcome of the training and how well it was received. Thus, we decided to continue the collaboration and include zendor's resilience training into our regular curriculum."



"We deeply care about our teams' mental health. zendor's resilience training provides hands-on support for our consultants, enabling them to deliver high impact solutions for our clients and cope well even in challenging times."

Toni Stork, Managing Partner OMMAX



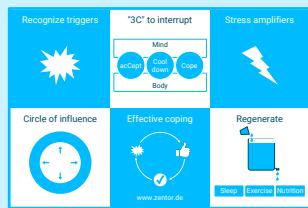
zentor's resilience training was well received by participants and covered a wide range of applicable tools and techniques

### Certified and scientifically validated online course

In addition to live sessions and a buddy system, the resilience training includes zentor's online course "Successfully Manage Stress and Build Resilience", which has been [scientifically validated to reduce stress](#) and certified by the "Zentrale Prüfstelle Prävention", which assesses preventative measures for reimbursability by payors. In fact, the pilot project at OMMAX was even supported by a large German public health insurance.

### Covering a wide range of tools and techniques

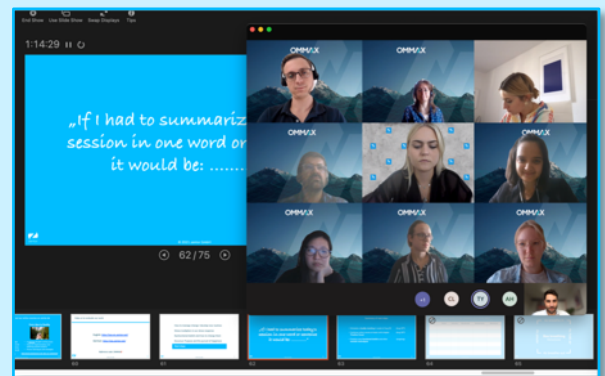
- Multi-modal stress management
- Teaching: E.g. stress phases, Lazarus' stress model, approaches by Kaluza, circle of influence
- Exercises: E.g. stress diary, dysfunctional assumptions, stress amplifiers
- Regeneration: E.g. PMR, Mindfulness Meditation
- Quick reference card for everyday use



### Training well received by participants

"... revealing and surprising."

"... awesome focus on actionable insights."



"... learned to accept the things we can't change."

"... creating clarity."

"... opportunity for self-reflection."

"... a perfect break to interrupt our daily hassle."

"... inspiring and insightful."

### About OMMAX

OMMAX provides digital transaction advisory, digital growth strategies and supports in digital execution, creating the digital industry leaders of tomorrow. Combining operational excellence with digital entrepreneurial leadership skills, our dynamic team takes a client-first approach to deliver digital solutions.

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### About zentor

zentor provides digital and blended learning solutions for professional and personal development – as a mentor for the pursuit of happiness and mental health. We combine research with proven practices to achieve our mission: To enable everyone to live a fulfilling life and embrace change for a positive society.

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