







e-learning

## **Self-accountability**

In times of uncertainty and changing working conditions, e.g. with more people working from home, self-responsibility becomes increasingly important in successfully dealing with the unknown factors. Learn to take responsibility for yourself and your actions, and to actively shape your life, particularly in times of uncertainty.

Duration: approx. 45 minutes

Language: 💳

## **Learning objectives**

- Learn which advantages self-responsibility offers, and also what hinders self-responsibility
- Be able to uncover stumbling blocks in your own habits
- Make strategic use of the advantages of selfresponsibility
- Play an increasingly active role in shaping your own life

## **Contents**

Why do we shift responsibility away from ourselves?

Victim or creator?

What do I gain from being a creator?

How do I become a creator?

What hinders self-responsibility?

