

What makes you strong

Develop inner strength & resilience

In a time full of challenges and changes, it is becoming increasingly important to recognise and promote your own inner strength.

You can look forward to an inspiring keynote speech on the topic of resilience and mental strength. You will receive valuable food for thought on how you can remain calm even in stressful situations, activate your resources and draw new strength.

This workshop is aimed at anyone who wants to promote their inner stability, deal with challenges more consciously and go through life stronger.

20,00 Euro p.p. | Speaker: Erna Hüls

Coaching&Speaking, meeting point: ETAGE3, Neutorplatz

Register at: [info\(at\)clubbocholt.soroptimist\(dot\)de](mailto:info(at)clubbocholt.soroptimist(dot)de)

Account SI-Club Bocholt

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Only after payment of the participation fee is the registration binding and the place reserved.

Event Details

Date:

 07. October 2026

Time:

 19:00 - 20:30 clock

Venue

 [ETAGE3 coworkingspace](#) 

Neutorplatz 1
46395 Bocholt

Organizer:

 [Soroptimist Club Bocholt](#) 

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46399 Bocholt

