




A FRESH WIND IN SUPERVISION
AND COACHING WITH THE
“ZURICH RESOURCE MODEL ZRM®”



Referentin: Angela Büche MSc.



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It is all about self-efficacy
and acquiring a joyful self-
management

- Decide for myself what is important to me and what **I really want**
- Clarity in decision-making processes
- Discover my own **resources**
- Deal with myself and others in a resource-oriented way
- Strengthen intrinsic motivation and resilience.
- Just do it!
- Expand my repertoire of actions





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1. Scientific concept of the ZRM®
2. Tool: The Idea Basket
3. Tool: Affect Balance

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Psychoeducational Process Model

- Psychoanalyse (C. G. Jung)
- Neuropsychology (G. Hüther, G. Roth, K. Grawe)
- Therapy: Systemic Therapy, Hypnotherapy (Milton Erickson, Steve de Shazer)
- Scientific research (Heckhausen/Gollwitzer, Locke/Latham, W. Bucci)
- Humanismus, Systemtheorie

<p>Maja Storch, Dr. phil., geb. 1958</p> <ul style="list-style-type: none"> • Psychodramatherapeutin u. Psychoanalytikerin (C.G. Jung) • Inhaberin des Instituts für Selbstmanagement und Motivation Zürich ISMZ®, Universität Zürich 	<p>Frank Krause, Dr. rer. soc., geb. 1943</p> <ul style="list-style-type: none"> • Gesprächstherapeut, Psychodramatiker • Dozent an den Universitäten Konstanz, Mainz und Zürich • Mitentwickler des ZRM® an der Universität Zürich
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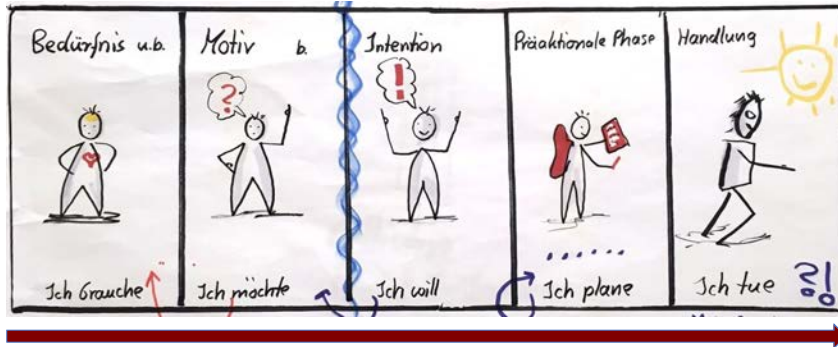
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Zürcher Ressourcen Modell ZRM®



The Rubicon Process

Maja Storch & Frank Krause (Heckhausen & Gollwitzer)



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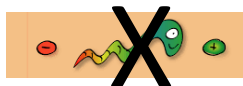
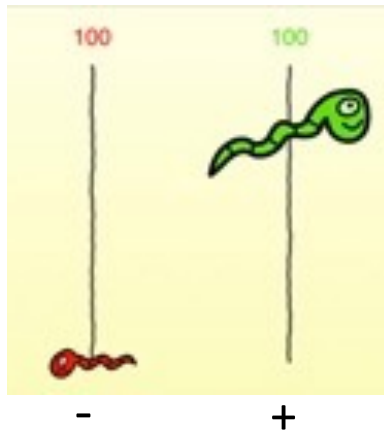


The Affect Balance

For the most important fields of life:


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- ✓ Minus 0
- ✓ at least + 70



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Two information processing systems

<p>The conscious mind</p> <ul style="list-style-type: none"> • Think • Conscious • Slow • Analytically • Serial • Right and wrong • Past and future • verbal 	<p>Emotional experimental memory</p> <ul style="list-style-type: none"> • Feel • Unconscious • Quick • Holistic • multitasking • I like, I don't like • now • nonverbal
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Somatische Marker

António Damásio

communication processing
how to process speech

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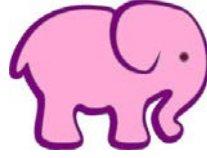


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Core criteria for an effective goal

- ✓ Approach Goal
- ✓ 100 % under own control
- ✓ Affect balance - 0 and at least + 70



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Urheberrechtlich geschütztes Material

Selbstmanagement – ressourcenorientiert

**Selbstmanagement –
ressourcenorientiert:
Theoretische Grundlagen und
Trainingsmanual für die Arbeit
mit dem Zürcher
Ressourcenmodell (ZRM®) 2022**

**Maja Storch
Frank Krause
Julia Weber**

Theoretische Grundlagen und
Trainingsmanual für die Arbeit
mit dem Zürcher Ressourcen
Modell (ZRM®)
7., überarbeitete Auflage

Urheberrechtlich geschütztes Material

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