



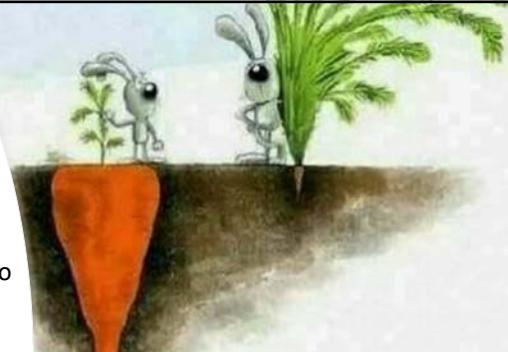

A FRESH WIND IN SUPERVISION  
AND COACHING WITH THE  
“ZURICH RESOURCE MODEL ZRM®”

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. Gräwe)
- Therapy: Systemic Therapy, Hypnotherapy (Milton Erickson, Steve de Shazer)
- Scientific research (Heckhausen/Gollwitzer, Locke/Latham, W. Bucci)
- Humanismus, Systemtheorie

**Maja Storch**, Dr. phil., geb. 1958

- Psychodramatherapeutin u. Psychoanalytikerin (C.G. Jung)
- Inhaberin des Instituts für Selbstmanagement und Motivation Zürich ISMZ®, Universität Zürich

**Frank Krause**, Dr. rer. soc., geb. 1943

- Gesprächstherapeut, Psychodramatiker
- Dozent an den Universitäten Konstanz, Mainz und Zürich
- Mitentwickler des ZRM® an der Universität Zürich

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Zürcher Ressourcen Modell ZRM®

**The Rubicon Process**

Maja Storch & Frank Krause (Heckhausen & Gollwitzer)

The diagram illustrates the Rubicon Process with five sequential stages:

- Bedürfnis u.b.**: A person with a heart symbol in their chest, labeled "Ich Grauche".
- Motiv b.**: A person with a question mark above their head, labeled "Ich möchte".
- Intention**: A person with an exclamation mark above their head, labeled "Ich will".
- Präaktionsphase**: A person holding a book, labeled "Ich plane".
- Handlung**: A person walking, labeled "Ich tue ?!".

A large red arrow at the bottom indicates the progression from left to right.

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**The Affect Balance**

For the most important fields of life:

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- ✓ Minus 0
- ✓ at least + 70

The diagram shows two vertical scales representing affect balance:

- The left scale ranges from 100 (top) to - (bottom).
- The right scale ranges from 100 (top) to + (bottom).

Below the scales is a black 'X' drawn over a wavy line, indicating a negative or neutral state.

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# Two information processing systems

## The conscious mind

- Think
  - Conscious
  - Slow
  - Analytically
  - Serial
  - Right and wrong
  - Past and future
  - verbal

## Emotional experimental memory

- Feel
  - Unconscious
  - Quick
  - Holistic
  - multitasking
  - I like, I don't like
  - now
  - nonverbal

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## Somatische Marker

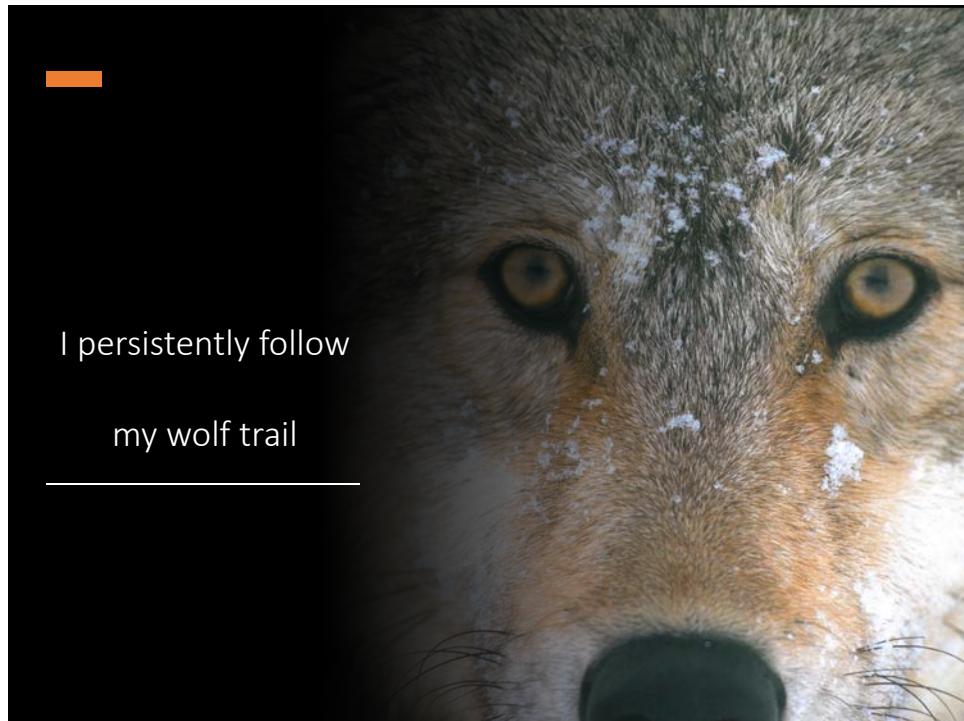
António Damásio

## communication processing how to process speech

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I persistently follow  
my wolf trail

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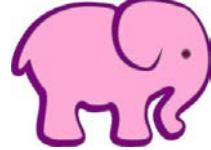
I need sweet raspberry juice

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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:**

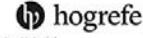
**Theoretische Grundlagen und Trainingsmanual für die Arbeit mit dem Zürcher Ressourcenmodell (ZRM®) 2022**

Maja Storch  
Frank Krause  
Julia Weber

Theoretische Grundlagen und Trainingsmanual für die Arbeit mit dem Zürcher Ressourcen Modell (ZRM®)

7., überarbeitete Auflage

ZRM<sup>®</sup>



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