

Activating your energies

Seminar objectives

The participants will

- Be able to influence their own mood
- Are able to deal with changes in a positive way
- Learn how to get a strong self-esteem and see its benefits
- Mobilize their own energies
- Introduce themselves in a professional way

Contents

- How the different Behavioural Types deal with changes
- Positive Thinking, Feeling and Action
- Dealing with changes
- Anti-cyclical Action
- A strong self esteem
- Self-management– get energy (Physical Energy, Quality of Energy, Focus the Energy, Relevancy)
- Self-introduction - Positioning, Creating Trust



Methods

- Lectures
- Group work
- Role-play
- Feedback

Organisation

- Target Groups
 - Service Technician
 - Service Staff
- Period
 - 1 day

Common success