

Seminars: Emotion 1 and Emotion 2

Emotion 1 = Leading myself (= Selbstführung)

Title: Emotion 1 = leading myself

strengthen the intrapersonal competences of emotional intelligence with the focus on: self-awareness, self-regulation and self-leadership

Description:

This personality training helps to understand own emotions, actions, thinking and human needs by focusing on daily situations/triggers/topics and how they act on us. There are a variety of exercises to learn and experience more mindfulness and to reflect your own individual topics. You learn different tools that make it easier to cope with stress and difficult situations that may touch hot buttons. It is a chance for you to understand yourself better, find suitable solutions instead of old patterns and change your internal communication to empower yourself. You get in contact with your own personal ego states and learn to lead your inner team.

Preconditions:

Psychological health, stability and willingness to reflect on yourself

Duration:

3 days

Emotion 2 = better relationships (= Beziehungsmanagement)

Title: Emotion 2 = better relationships

strengthen the interpersonal competences of emotional intelligence with the focus on: empathy, communication and relationship-management

Description:

This personality training is based on training Emotion 1 = leading myself.

It helps you to recognize your empathy as a resource and enlarge it with positive results in better communication and relations. Various exercises will give you the chance to test different helpful communication methods on your individual topics and work on your own important relationships matters (business and private). You will work on solutions which are important for your "real life", after the training, e.g. preparation for a talk to improve a relationship.

Preconditions: Psychological health, stability, willingness to reflect on yourself and participation in Training: Emotion 1 = leading myself

Duration: 3 days