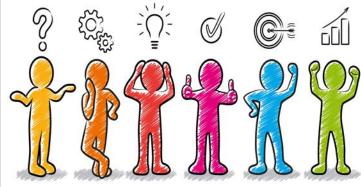


Your Course: Strengthening your strengths and decision making made easy

Being successful and satisfied in your job without exhaustion!

| General Information: | |
|-----------------------------------|--|
| Date | 15 - 19 July 2024 (Monday till Friday) |
| Teaching units | 11 x 90 min including personal DISC-Profile |
| Location | Oberursel near Frankfurt am Main/Germany |
| Price | 719€ |
| Minimum Number of Participants | 7 |
| Accomodation & Meals | not included / self organised (with EIAPD support) |
| Your trainer | Dr. Sabina Schilcher-Gerlac |



Course Description

Achieve success and satisfaction in your job avoiding exhaustion! To reach this goal you have to overcome obstacles and make decisions.

However, it's not something that just happens. If you understand how human perception works and how your thoughts affect your body and well-being, you can empower yourself to reach the next level. Mindfulness and resilience are terms often used in this context. Learn about various tools and exercises that can help you to hit your goals.

| Objectives of the mobility | To be able to understand yourself an others. Identify your believe systems. Find your real target. Develop your path to success. |
|----------------------------|--|
| Activities | The course will be highly interactive. Methods used in the course are for example: Self-reflection Different coaching tools / Self-coaching. Exercises to strengthen mindfulness and resilience. Peer exchange |

Further information Phone: +49 173 665 94 26 Mail: <u>contact@eiapd.eu</u> web: www.eiapd.eu



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| | Partner work Additionally you will have the opportunity to Explore the city of Frankfurt am Main Regenerate in the beautiful nature of the Taunus region. |
|-----------------------------|--|
| Learning outcome and impact | After the course you will know your strenghts be able to overcome your obstacles. be able to make decisions easily know self-coaching methods. profit from your expanded network - enriched by the other participants you met at EIAPD. |
| Target Group | For anyone looking to gain more self-confidence and make decisions more easily. |



Your Course: Starting as a leader

Starting in a leadership position in university administration ist exciting and challenging! This course provides insight in tasks, dynamics, roles and more.

| Monday 04 March | Tuesday 05 March | Wednesday 06 March | Thursday 07 March | Friday 08 March |
|---|-------------------------------------|---|--|---|
| 09.00-12.30 | 09.00-12.30 | | 09.00-12.30 | 09.00-12.30 |
| Welcome & Introduction Perception of Realitiy? Different perception leads to different behavior. various behavior types Developing your personal DISC-Profile | | Excursion - e.g. Sightseeing Frankfurt or visiting the Opel-Zoo | - tools and methods for decision making - plan your next steps - embodiment | - Praxis lab: open session for participants questions - Closing session |
| 12.30-13.30 | <mark>12</mark> .30-13.30 | | 12.30-13.30 | 12.30-13.30 |
| Lunch | Lunch | | Lunch | Lunch |
| 13.30-15.00 | 13.30-15.00 | | 13.30-15.00 | |
| - Understanding yourself and others | - discover your personal resources. | /ndividual Learning | -Resilience -Mindfullness | |

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