

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
Accommodation & Meals	not included / self organised <i>(with EIAPD support)</i>
Your trainer	Dr. Sabina Schilcher-Gerlach



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	<ul style="list-style-type: none"> • To be able to understand yourself and others. • Identify your belief systems. • Find your real target. • Develop your path to success.
Activities	<p>The course will be highly interactive. Methods used in the course are for example:</p> <ul style="list-style-type: none"> • Self-reflection • Different coaching tools / Self-coaching. • Exercises to strengthen mindfulness and resilience. • Peer exchange

	<ul style="list-style-type: none"> ● Partner work <p>Additionally you will have the opportunity to ...</p> <ul style="list-style-type: none"> ● Explore the city of Frankfurt am Main ● Regenerate in the beautiful nature of the Taunus region.
<p>Learning outcome and impact</p>	<p>After the course you will ...</p> <ul style="list-style-type: none"> ● know your strengths ● 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.
<p>Target Group</p>	<ul style="list-style-type: none"> ● 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 is 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
<ul style="list-style-type: none"> - Welcome & Introduction - Perception of Reality? - Different perception leads to different behavior. - various behavior types - Developing your personal DISC-Profile 	<ul style="list-style-type: none"> - create a vision 	<ul style="list-style-type: none"> Excursion - e.g. Sightseeing Frankfurt or visiting the Opel-Zoo 	<ul style="list-style-type: none"> - tools and methods for decision making - plan your next steps - embodiment 	<ul style="list-style-type: none"> - Praxis lab: open session for participants questions - Closing session
12.30-13.30	12.30-13.30		12.30-13.30	12.30-13.30
Lunch	Lunch		Lunch	Lunch
13.30-15.00	13.30-15.00		13.30-15.00	
<ul style="list-style-type: none"> - Understanding yourself and others 	<ul style="list-style-type: none"> - discover your personal resources. 	<ul style="list-style-type: none"> Individual Learning 	<ul style="list-style-type: none"> -Resilience -Mindfulness 	

Further information

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