

# Energize your Life and Work

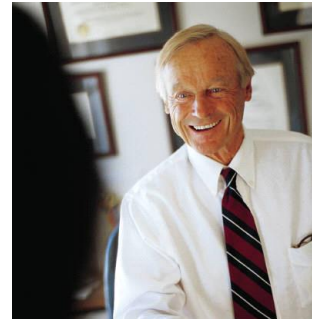
## Seminar objectives

The participants

- learn to observe their own rhythm
- learn to know how their level of energy is dependent on external factors
- learn the correlation between a good mood and energy levels
- get to know the influence of external factors on their energy and motivation
- Understand to set balanced objectives basically for an active life
- Understand and use the fundamental criteria of setting goals and priorities to reach ones goals
- Learn the knowledge of methods of self-organization and self-motivation
- will be able to plan their week, as a balanced and energizing week
- will learn how to get fresh and new energy
- Understand a positive attitude, courage and consequence as a key of achieving objectives

## Contents

- Competence in use of own energy
- How to be an energizer
- Where to get energy
- Mood Management
- Defining principles
- Objections and influence of criteria's of goals
- Pareto – Principle, Eisenhower-Principle (ABC-Analysis)
- Productivity curve
- Rational waste basket
- Self-full-filling-prophecy
- Attitude
- How the subconsciousness is working



## Methods

- Lectures
- Group work
- Single work
- Exercise
- Case studies

## Organisation

- Target Groups
  - Managers
  - Perons in Leadership function and others
- Period
  - 2 days