



# Positive thinking and stress management

## Seminar objective

The aim of the seminar is to reduce stress more easily and to increase positive self-influence. The best known stress management and relaxation methods are introduced and practised. The seminar consists of a multitude of exercises that can be directly implemented. Better performance, calmness and creativity are the result.

## Seminar content

### Basics of our thinking:

- When things get stressful - basics of mental training.
- Positive thinking and stress management: structured approach
- How do I increase my self-confidence and rely on my intuition?

### Different training methods:

- Techniques of autosuggestion
- Mental relaxation techniques
- Influencing mood through mental training

### Forms of relaxation techniques:

- Short relaxation methods at a glance
- The "8-minute break" and its effect on concentration
- The art of slowness and its effect on well-being
- Color meditations for relaxation and creativity
- Short breaks for regeneration
- The place of rest in the imagination
- Music relaxation

### Using one's own psychological abilities

- Transfer and implementation in practice
- How to implement what I have learned in my environment
- First measure

## Methodology

Trainer input Tips for transferring learnings into everyday life Group discussion Individual and group work External and self-analysis

## Target audience

The positive thinking and stress management seminar is aimed at specialists and managers from business enterprises of all sizes and sectors as well as from public administrations.

### Course ref.

PE4002

### Participants

not more than 9 participants

### Schedule

1. Day: 10:00 - 17:00  
2. Day: 09:00 - 16:00

### Location & dates

#### Münster

22.08.2024 – 23.08.2024  
10.04.2025 – 11.04.2025  
28.07.2025 – 29.07.2025

#### Hamburg

13.06.2024 – 14.06.2024  
18.11.2024 – 19.11.2024  
12.06.2025 – 13.06.2025  
17.11.2025 – 18.11.2025

#### Berlin

16.09.2024 – 17.09.2024  
10.04.2025 – 11.04.2025  
15.09.2025 – 16.09.2025

#### Frankfurt am Main

03.06.2024 – 04.06.2024  
02.06.2025 – 03.06.2025

#### Munich

07.10.2024 – 08.10.2024  
17.03.2025 – 18.03.2025  
06.10.2025 – 07.10.2025

### Fee

1.150,00 € (ex. VAT)  
1.368,50 € (inc. VAT)

Included in the price: Working documents, certificate of participation, lunch and coffee breaks.



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Veranstaltung                      Seminarcode

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Firma

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Rechnung (Name)

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Anzahl der Mitarbeiter in Ihrem Unternehmen

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