



Motivation seminar

Activating one's own and others' potentials

Seminar objective

Your success - and that of your colleagues and team members - starts in the mind! It is important to create the right key and the best framework conditions for performance readiness. Finding methods for self-motivation, trying them out in training and thinking about your personal (performance) limits - these are the goals for this seminar. You will gain the most important insights into motivation and success strategies for your team and yourself in order to be able to master special challenges mentally strong and successfully.

Seminar content

Create a positive mindset:

- Strengthen your positive motivation
- Mental strength - how do I get an optimistic basic attitude?
- How to activate forces through the subconscious?
- Exceeding your own limits
- Reward system for yourself and others
- Increasing success - how do you motivate your team?

Principles and strategies:

- Peak performance through "flow"
- Setting and achieving milestones
- Special features of the "anchor technique"
- "Pretending" - developing strategies
- The "here and now" principle
- Changing one's own approach

Dealing with fears

- How do you turn fears into positive energy?
- Strengthening self-confidence and courageous appearance
- Power of positive "affirmation"

Develop approaches and solutions:

- Relaxation techniques
- How do I create a positive and attractive environment?
- Permanent actions
- What are the most important visualization techniques?
- Strategies for everyday life

Methodology

Practical exercises
Tips for transferring learnings into everyday life
External and self-analysis
Moderated discussion
Exercises with individual feedback

Target audience

The motivation seminar is aimed at specialists and managers from business enterprises of all sizes and industries as well as from public administration.

Course ref.

PE4007

Participants

not more than 9 participants

Schedule

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

Location & dates

Münster

29.08.2024 - 30.08.2024
02.12.2024 - 03.12.2024
24.04.2025 - 25.04.2025
28.08.2025 - 29.08.2025
01.12.2025 - 02.12.2025

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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Ich melde mich/Wir melden uns zu folgender Veranstaltung an:

1. Teilnehmer

Name/Vorname

E-Mail

Mobilnummer

Veranstaltung Seminarcode

Ort Termin

Firmendaten/Rechnungsempfänger

Firma

Rechnung (Name)

Straße/Nummer

PLZ/Ort

Telefon/Fax

Branche

Datum

2. Teilnehmer

Name/Vorname

E-Mail

Mobilnummer

Veranstaltung Seminarcode

Ort Termin

Anzahl der Mitarbeiter in Ihrem Unternehmen

Kundennummer

Anmeldebestätigung (E-Mail)

Unterschrift