



The power of positive aggression

Use your aggression wisely

Seminar objective

Learn in this training to direct your aggression into the right channels. Aggression is also associated with energy, which can be the driving force for new things! In this seminar, you will learn how to better understand your own aggression and how to make the most of its positive form. The goal of the seminar is to consciously perceive the positive and negative effects of aggression. In the seminar the positive aspects of dosed aggression are presented and the negative aspects of aggressive behavior are made conscious.

Seminar content

Understanding aggression better

- The origin of aggressive behavior
- Positive and negative effects of aggression
- The regularities and playful components of power behavior
- Aggression and social isolation

Using aggression:

- Guidance on controlled aggression
- The most important strategies and their limits
- With positive aggression to success
- The cost-benefit ratio of aggression
- Aggression and strategic skill
- Can aggressive behavior be learned and unlearned?

Types of aggression:

- Subliminal aggression
- Behind aggressive behavior is not always professional superiority
- Guilt as a cause of aggression inhibition
- Why do phonies sometimes use aggressive behavior?
- When do politeness and restraint become weakness?

Practical exercises:

- Practical exercises for the measured use of aggressive behavior
- Exercises with the "hot chair"

Methodology

Video-supported role plays Participant and trainer feedback Group discussion Individual and group work External and self-analysis Trainer input

Target audience

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

Course ref.

PE4012

Participants

not more than 9 participants

Schedule

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

Location & dates

Münster

10.06.2024 – 11.06.2024
07.11.2024 – 08.11.2024
03.02.2025 – 04.02.2025
08.05.2025 – 09.05.2025
06.11.2025 – 07.11.2025

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