



Personal development

Self-confidence, how I affect others, transactional analysis, NLP

Seminar objective

Professional and personal further training is important to you - and you would like to use a weekend to intensively deal with the topic of personality development? In our weekend seminars we offer you a very individual learning environment in which you can ask your questions and achieve your personal goals.

The "Weekend Seminar on Personality Development" combines modules from the seminars "How do I come across?", "Self-assured self-presentation", "Emotional intelligence", "Anti-annoyance training", "Potential analysis", "Transactional analysis", "Relationship skills", "Stress management", "Motivation training" and "Knowledge of human nature". You will have the opportunity to express individual, thematic preferences from the range of topics "personality development", so that this training can be adapted to your wishes. The implementation in very small groups guarantees a practical training.

Seminar content

Effective appearance:

- Success through charisma
- How do I make an impression on others?
- Self-confident appearance
- Success through charisma

Understanding feelings:

- Emotional intelligence
- Relationship skills in business
- Knowledge of human nature

Successfully activating potential:

- Motivation Seminar
- Fascination and presence
- Positive thinking and stress management

Gain quality of work and life

- Anti-aggression training
- The power of positive aggression
- Resilience

Methodology

Exchange of experiences and discussion
Trainer input
Exercise examples
Moderated discussion
Participant and trainer feedback
Collegial consultation
Help for transfer to everyday life
External and self-analysis

Target audience

The weekend seminar personal development is aimed at specialists and managers from business enterprises of all sizes and industries as

Course ref.

WE9001

Participants

not more than 9 participants

Schedule

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

Location & dates

Münster

22.06.2024 - 23.06.2024
16.11.2024 - 17.11.2024
22.02.2025 - 23.02.2025
21.06.2025 - 22.06.2025
15.11.2025 - 16.11.2025

Fee

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

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



**MANAGEMENT-INSTITUT
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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