

Workshops (March - August 2021)

Session Title	Theory input	Method / Strategy	Date
Stay Focused / The Power of Breaks	Understanding focus and personal distractors / The importance of taking breaks and how to make the most of them	Post-it exercise to stay focused and leave “distractions” outside / Pomodoro; active break movements (desk yoga); power of walking	17.3.2021
Start Strong, Finish Strong	Habits for starting and ending the workday, especially when working from home	Design your personal start and end of the day (in small groups)	21.4.2021
The Power of Gratitude	Research on positive emotions and the psychology gratitude	Strategies to bring more gratitude into your daily life	19.5.2021
Build your Inner Team	The role of mindset and beliefs – or our inner voices – and creating beliefs that serve us rather than limit us	Identify your inner saboteurs and allies – or “limiting beliefs” and counter them with beliefs that serve you	16.6.2021
No Mud, No Lotus	The power of cognitive reframing and learning from challenging situations or “failure”; Personal Leadership in critical moments	Using the inner appreciator for cognitive reframing; Personal Leadership technique	21.7.2021