Kurs: Maintaining Personal and Team Performance

Kategorie Führen

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Workshop dates and times:
- Workshops

This workshop is useful for:
- Executives who want to strengthen their own health and keep their energy in the green zone.
- Executives who want to lead their employees in a way that keeps them healthy, productive and motivated.

What you can learn here:
At the end, the participants will be able to:
- Recognise when it is time to specifically counteract possible overloads.
- Take along individual tools to stay mentally and physically healthy and efficient themselves, which can be applied immediately.
- Lead employees in a way that is appropriate to their profile, to cooperate in a more energy-saving way and to counteract energy-consuming conflicts.
- Recognise early symptoms of overload, to pick up the affected employees with care and to steer conversations in a strengthening way.

Our key topics are:
- What feeds the energy tank? The three energy fields body, core and mind.
- Energy field Core: Role of inner and outer stressors, beliefs and core needs in stress. Strengthening tools for the core.
- Strengthening myself as a leader.
- Leading employees according to their profile and cooperating in a more energy-efficient way.
- Early symptoms of overload.
- Effectively picking up employees in overload situations.
- Guideline for conversations with employees in overload.

Working methods:
Theory and practical exercises alternate with questions from the participants. Reflections, trainer feedback, plenary questions, videos, emotion cards, learning projects and transfer discussions complete the seminar.

Recommended reading:
- Raffael Kalisch, Der resiliente Mensch, Berlin Verlag, 2017
- Gerald Hüther, Was wir sind und was wir sein könnten, Fischer Taschenbuch, 2017
- Thomas H.Bergner, Burnout-Prävention, Schattauer, 2015
- M.Waadt und J.Acker, Das Selbsthilfebuch gegen Burnout, Hogrefe, 2018

Who can participate: TUM employees with project and/or leadership responsibilities
Participation fee: 75 €
Venue: Karlstraße 45, 80333 München, or online (zoom)
Working language: English

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