

Everything begins with self-leadership



Description and objectives

Do you sometimes feel caught up in the demands of work and life? Does your focus at times become reactive rather than proactive? Do you wish to improve your sense of balance for performing at your best? Instead of compulsively prioritizing, let's tap into something fundamental and powerful: self-leadership!

This workshop will help you to:

- improve your sense of control and meaning of work for sustaining your long-term motivation and performance quality,
- develop assertive communication in order to shape a work environment that supports the expression of your full potential, and
- structure your life dimensions in a way that allows for regeneration and sustainable performance.

Content

- Self-Leadership definition and overview
- Values and motivations
- Planning and self-care
- Creating a work environment in order to increase your motivation
- Communicating ideas, opinions, and conducting negotiations
- Working with a renewed and sustainable sense of satisfaction
- Setting realistic objectives

Approach

One-day workshop with follow-up (45 minutes individual Skype session). Theoretical inputs to the various topics linked to group, pair and individual exercises.

Trainer

Marie-Paule Haefliger, psychologist, business and executive coach, and trainer

Number of participants	10
Date and location	14 th September, University of Fribourg,
Registration opening	3 rd August
Duration	1 day with follow-up by Skype
Contact	regard@unifr.ch