

HUMAN RESOURCES



The idea that by the time you're 30, you have become the person you are going to be is obsolete. We know better – as does science. How many varieties of your self are there? And which one will stabilize you against negative influences and take you to your professional goals?

Our human resources workshops and seminars specialize in personnel development and focus on competences that support your personality and help you develop a personalized method of living and working. Your longest relationship will be with yourself, so managing it well will contribute to long-term professional and personal success.

Our offer is addressed to those who wish to improve their performance personality in order to establish a professional advantage. We help you achieve your own potential based on your personal situation.

COMMUNICATION AND RHETORIC



Your voice and choice of words are extremely powerful tools in achieving your goals communicatively. Making convincing technical arguments is only one aspect of professional success. We will work with you to establish the proper areas of focus, from basic rhetorical training to negotiation to conflict management to business small talk. We will make sure your verbal skills and body language are optimally suited to your personality. The workshop is focused on employees from all departments.

PERSONALITY DEVELOPMENT IN THE PROFESSIONAL SPHERE



Two things are essential for personality development. The first is to intervene consciously in your own development, but not to force it. The second is to learn to accept what you can't change. But we can create adequate conditions for personal growth. The goal of our workshop is therefore to understand your own personality better and to learn to accept it in order to stimulate the self's own growth impulses. Our focus is on communication, working style, negotiation, and leadership. The latter in particular requires mental fortitude, satisfaction, and the ability to act in a solution-oriented, employee-oriented manner even in tough situations.

STRESS MANAGEMENT AND BURNOUT PREVENTION



Today, stressors are much more subtle and difficult than they used to be. Our basic physiological needs are taken care of, and what stresses us, or what we perceive as stressful, is based on patterns of thought and behavior that we have never examined. Our workshops help you analyze these patterns with an eye to such items as your day-to-day organization and determine what personally and socially determined resources can help you enhance your resilience.