

Short seminar – Understand your own dynamics!

For the time being only in German!

‘Why do I react like this and not differently? I know I shouldn’t, but I do it anyway, why is that? Can I change or am I stuck like this?’
These are questions that bother us. Knowing this helps you deal with yourself and those around you, be they work colleagues, customers or managers, at home when raising children, etc.
If you’re interested in this topic, this seminar will be perfect for you.

Contents

How people become who they are, how attitudes are shaped, why knowledge and actions are two sides of the same coin

How we develop, how we can control this

Stumbling blocks that make life hard and what you need to be mindful of

Effects on managing others and yourself



Objectives

You know how people become who they are and what controls us

You know the stumbling blocks in our lives and how to deal with them

Think about how you see yourself and others

Benefits to you

You will have more inner peace, life will be more pleasant

With a different perspective you will see the world around you differently, your relationships will change

Details

Location: Restaurant Linde, Badenerstrasse 2, 8104 Weiningen

In German: Saturday 5 November 2016: 08:45 – 15:45

Your investment / conditions

CHF 240.00 (incl. snacks, excl. lunch)

Register at www.movianda.ch or info@movianda.ch

Your registration is binding, cancellations up to 2 weeks in advance are free, after that fees will be charged



Your trainer / coach:

Karen Bärlocher: Professional coach and trainer since 2005. Specialises in personal development and how people behave and act. Professional experience: 20 years in the finance industry and 11 years as a trainer and coach in various industries

Her motto: Developing conscious awareness helps us to see things differently and simplifies our lives.

Will you join us? I would love to see you there.