

MENTAL STRENGTH - YOUR MIND MAKES THE DIFFERENCE



Your mental focus strongly influences your motivation, sense of satisfaction, effectiveness and your relationships. Learn how to actively choose and positively influence your mental focus.

Focusing on strengths is more helpful than managing weaknesses – both in dealing with yourself and others! With a clear picture of what you want (your preferred future), on what already works and on small steps you can make much better use of your potential and empower other people. This focus increases your self-confidence and you send out a positive and convincing charisma to your employees, peers, clients and your boss. Learn from athletes and experience how to develop your mental strength step by step. In this practical workshop, you apply tools and exercises to your own (work related and private) topics. Your diary of solutions accompanies you while setting a positive spiral in motion!

OUTCOMES

You will

- learn how your mental focus influences your motivation, sense of satisfaction, your effectiveness and your relationships
- develop a more appreciative view of your qualities, resources and strengths
- develop useful thoughts and habits and set a positive spiral in motion
- achieve your goals more easily and “do more with less effort”
- get your personal “diary of solutions” to accompany you during and after the workshop to make it sustainable

Target audience

- Mid-level high potential female managers with at least 8 years of working experience and ideally 3+ years of leadership experience
- Max. 25 participants from different Advance member companies

Format

- One day workshop (1 credit per participant)
- Additional credits can be bought for 1'100 CHF per participant
- Language: English

Registrations

- Via the member area of the Advance website

FACILITATION



Julia Kalenberg founded her own company for Training, Consulting and Coaching over 20 years ago. Since then she accompanies teams and individuals on their way to success (keynote speaking, leadership and sales training, workshop facilitation, coaching for teams and individuals + mental coaching for athletes). She has been working with the UBS Health Forum/Wolfsberg, the institute of SME at University St. Gallen and women's business networks of several companies. Julia's clients appreciate her practical approach, her consistency, her constant search for small steps and her wide experience in different industries. She is said to walk the talk. Julia is member of the board of Business and Professional Women Club Bern. www.juliakalenberg.ch

Advance Skill Building for Rising Leaders

The Advance Skill Building workshops equip talented women with the core skills, capabilities and leadership mindset that are critical to climb the corporate ladder. Every workshop is also an excellent opportunity to meet peers from different Advance member companies, allowing you to broaden your business network.

For more information, please contact the Advance workshop coordinator at contact@advance-women.ch / www.advance-women.ch

