

Leading yourself – Manage your energy and perform in the storm

Trainers



Dr. Donatella Canella

Donatella Canella is a Leadership Coach for numerous international organisations. She is also a faculty member of CTI-The Coaches Training Institute.

Following her PhD in molecular biology at the University of Michigan she worked as a researcher at the University of Lausanne.



Michelle Graf

Michelle works as a coach and psychotherapist in Zurich.

She graduated in psychology and practiced for many years before setting up her on practice – Gluecksfabrik. She specializes on techniques of ego-state and hypnotherapy to help individuals to manage stress and maintain or regain their strength in the face of demanding professional and social situations.

Objective

The workshop is aimed at postdocs who face a variety of demands, encounter stressful challenges, yet wish to maintain their calm and strengths. Postdocs are expected to manage several things in parallel but also to rebound quickly after finalizing a particularly demanding task. In such phases, it can even be difficult to wind down effectively, to fall asleep at night and to get up rested the next morning.

This workshop will transform the way participants view self-management: instead of managing time they will start managing their energy in order to achieve and maintain high productivity in face of challenges.

In addition, it will help them to prepare for high-pressure situations, to tailor their energy and presence to the required optimum, as well as to effectively unwind and deeply relax after a period of demanding engagement.

Description

Using proven techniques from world-class athletes and high-performance teams, participants of this workshop will gain an understanding and initial practical experience of the foundations, concepts and techniques that allow them to effectively regulate their energy household.

In particular, they will

- understand the four sources of energy that fuel high performance
- assess how they are currently performing on all four energy dimensions
- recognize symptoms of stress and identify key areas of development in their energy management
- be introduced to seven different techniques to be readily applied in every day life in order to increase focus in performance situations, regenerate quickly and prepare for a relaxing sleep at night
- plan new habits that can help them achieve the targeted change

Methodology

The methodology is based on the pioneering Co-active® Coaching model and champions an approach integrating experiential learning with exercises from proven management methods and various leadership training tools.

Throughout the workshop participants will be encouraged to learn at three levels: from what is said, from what they experience and from their interactions with others.

Organizational Information

Language	English
Target group	Postdocs from all faculties
Date	Monday, 18 February 2019, 10:00 – 18:00 Tuesday 19 February 2019, 9:00 – 17:00
Registration	For registration click here