

Leading Yourself – Manage Your Energy and Perform in the Storm

Objective

The "Postdoc" is a particularly challenging in-between time. It is a stressful space to be in, due to high pressure to publish, an often steep workload, perception of competition from peers all focused on the same goal, social isolation in a new place, and, finally, anxiety about an uncertain future. 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 online workshop is aimed at postdocs who face these challenges and wish to maintain their calm and strengths. It will transform the way participants view self-management: Instead of managing time they will start managing their energy 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 online 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 everyday life in order to increase focus in performance situations, regenerate quickly and prepare for a relaxing sleep at night, and
- 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. Follow-up support will be offered to deepen the learning and to forward the action. This will also encourage participants to build a community to exchange experience and to support each other.

Please note that your presence is required throughout the entire workshop.

Organizational Information

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| Language / Format | English / Online |
| Target group | Postdocs from all faculties |
| Date | Monday- Tuesday, 9-10 January 2023, 9:00 – 17:00 |
| Registration | For registration click here |

Trainers



Dr. Thomas Teichler
Lead to Trust

Thomas is a Leadership Coach and Consultant for Lead to Trust. He worked for Roland Berger Strategy Consultants and holds a PhD from the European University Institute in Florence in social and political science. He led and managed numerous research and consulting projects.



Michelle Graf
Die Glücksfabrik

Michelle works as a coach, therapist and mental trainer in Zurich. Following her studies at the University of Zurich, where she graduated as Fachpsychologin für Psychotherapie FSP she worked as a psychologist for different organisations and then set up her own practice – Die Glücksfabrik.

