

Postdocs



## Leading Yourself – Manage Your Energy and Perform in the Storm

Trainers



**Dr. Thomas Teichler**  
Lead to Trust

Thomas Teichler 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, Zürich

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

**Objective**

The online 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 of 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 everyday 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.

Participants will be encouraged to learn at three levels: (1) from what is said, (2) from what they experience and (3) 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.

**Conditions**

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

**Organizational Information**

Language	English
Target group	Postdocs from all faculties
Date	Thursday-Friday, 3-4 December 2020, 9:00 – 17:30
Registration	<a href="#">For registration click here</a>