



2 day open program
Emotions and Projects OR
Excellent Teamwork I.

Lead Yourself

**Shine
Leadership**

Emotional-social factors affect your teamwork more than anything else.



Emanuel Byrtus
lecturer

For dates, prices, registration, organizational information and terms and condition go to:
ShineLeadership.cz

Location

Shine Group Training Centre Prague,
Vítězné nám. 2, Praha – Dejvice

Contact Person

Mgr. Šárka Pojerová
Managing Director
sarka.pojerova@ShineLeadership.cz
+ 420 603 711 594

Why choose this program?

- Use emotions for the benefit of yourself and your team – improve goal orientation and have enough energy.
- Have more personal influence and personal responsibility for the emotional climate and thus create positive conditions for collaboration.
- Resolve conflicts of needs in a mature way and transform all the energy from passivity and defense into cooperation and productivity.

Who is it for?

- All managers, project managers and team leaders who want their team members to fully adopt the practical application of personal responsibility – for their work, projects, tasks and also their own emotional behavior.
- All those who are interested in the latest knowledge of emotional – social competences, including practical exercises of negative and positive feedback techniques.
- Recommended for all levels of IPMA® certification and re-certification.

Topics

- Understand the principles of self-management and leadership
- Understand the mechanics of emotions and their influence on performance
- The ability to manage emotional reactivity and the energy of oneself and others
- Understand conflicts of needs; the principle of defense and growth
- Understand the principles of personality maturation

Methods and techniques

Interactive presentation, interaction within a group, emotional and stressful games, personal presentation, teamwork and solutions, self-reflection.



Shine Leadership s.r.o.
Suchbolská 1273/3
165 00 Praha

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