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

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.