



1 day open program
Self-Motivation and
Stress Management

Lead Yourself.

Shine
Leadership

Take an inventory of your self-motivation – and find the main sources of stress in your life.



Jitka Jilemická
lecturer

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

Location
Training Centre Hradčanská
Milady Horákové 116/109B
160 00 Praha 6

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Why choose this program?

- After this training, you will understand the individual roles of a manager and how to effectively fulfil them.
- Understand your self-motivation and be aware of your own needs.
- Map out your main personal stressors and sources of potential stress in your life.
- Learn simple techniques to cope with stress in everyday life.
- Be introduced to practical exercises to prevent and neutralize stressful situations.

Who is it for?

All those who want to understand the roots of their inner motivation and sources of stress in their lives – and learn to regulate and neutralize them.

Topics

- Main motivating factors
- Motivation and productivity, individual performance curve
- Motivation “killers”, inner motivation strategy
- What is stress and how does it manifest itself?
- Anti-stress habits – back to self-management
- Practical exercises: bioenergetics, autogenic training, Jacobson relaxation technique, balance exercises, a massage mini-course to relieve back pain.

Methods and techniques

Practical training and exercises, facilitated discussions and group work. Techniques for group sharing, reflection, presentation and a coaching approach.



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Shine Leadership s.r.o.

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