

# Take your responsibility – and you will find out that you suddenly have far greater freedom.



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# Why choose this program?

- Clarify your values and priorities.
- You will realize that your potential is greater than you think.
- Receive feedback and learn how to work with it.
- Test your leadership and managerial skills that will reinforce your integrity and credibility:
  - o Assertive communication
  - Defense against manipulation
  - Listening
  - o The ability to say "No"
  - o Building trust

## Who is it for?

This intensive workshop is not only for managers but for all those who want have a greater influence over their life.

#### **Topics**

- Unifying terminology
- Who am I? What is my life attitude?
- What do I want? Where does my potential lie?
- Leaving the comfort zone
- Taking responsibility
- Leadership skills (communication, listening, asking questions, assertiveness, the ability of saying "NO", building trust)

You will realize that by taking responsibility for your decisions will actually lead to greater freedom. Becoming independent, critical thinking and a certain amount of courage lead to success both in personal and professional life.

Test your leadership skills that make interpersonal interaction and communication more effective, more professional, and more pleasant. You will receive feedback on how you appear to other participants and the lecturer.

#### Methods and techniques

This is an intensive workshop designed not only for managers, but also for work teams where there is a need to strengthen the sense of responsibility, and those who want to "take their lives in their own hands"

The workshop takes the form of interactive discussions, self-reflection, model situations, case studies, solution finding, roleplaying and feedback.

## QR code – a fast way to reach us

- 1. Turn on your camera app and aim it at the QR code. If a link to our website appears, click on it and it will take you straight to us.
- 2. If you own an older smartphone, just download one of the many available free apps for reading/ scanning QR codes, and use it.





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