

Success on the Job – Goal-oriented, sustainable management of Myself, Inc.

Content and goals

Everyone wants it: success on the job. Simply put, success is more fun than failure. Again and again we meet people who seem to be able to achieve it just like that. Whether professionally or privately, everything they do works out and becomes a success.

And we ask ourselves in bewilderment ... how do they do it?

This workshop provides a basic understanding of the most important prerequisites for success.

Topics

- Success at work depends largely on attitude, but primarily on maintaining a big-picture perspective and understanding its impact on daily work life.
- Professional success stems from multiple interacting sources that need to be nurtured and actively utilized.
- To be truly successful, it's important to also be satisfied and able to stay relaxed throughout one's career.
- Key self-regulation and social skills are essential to sustain long-term success.

Trainer

Our trainers are specialists in occupational health management or psychologists with many years of professional experience as occupational and organizational psychologists.

Duration

Lunch Session	1 h: Theory
Workshop	2 h: Theory and practice
Training	4 h: Theory, practice and experience

Target audience

Executives/management, employees, trainees

