

Time and energy management

Working in your own rhythm and organizing your time more efficiently will help you get your work done with less effort. The advantages are higher productivity, better health and more satisfaction at work.

My seminars are not pre-made. They are put together especially for you, and are always based on the company goals.

A selection of possible seminar topics

- Stress management
- Energy management
- Priority setting
- Burn-out prevention
- Personal tasks analysis
- Daily and weekly planning
- Disruptive factors in your daily work recognition
- Preventative measures development
- Personal work style discovery
- Team work
- Delegation

Work style:	I involve participants with plenary exercises, group work, practical exercises and discussions after some short theoretical input.
Duration:	Minimum one day. Depending on the needs, a longer, more detailed program can be put together.
Target group:	Anyone who wants to look at their work style and adapt accordingly.
Location:	I travel for your seminars. They can be held either at your company, or at an external facility organized according to your desires.

I am looking forward to working with you.