

MINDFUL LEADERSHIP TRAINING

LEAD YOURSELF AND OTHERS WITH MORE CLARITY,
CONSCIOUSNESS AND CONNECTION



WORKSHOP DETAILS

15/16 NOV 25

10:00 UHR - 15:30 UHR
IN HAMBURG (LOCATION FOLGT)

WHAT YOU WILL LEARN:

- INTEGRATING MINDFULNESS PRACTICES INTO EVERY DAY LIFE AND SYSTEMS
- SCIENTIFIC INSIGHTS ABOUT MINDFUL LEADERSHIP AND SOCIOLOGY
- HOW TO STAY PRESENT IN DIFFERENT SURROUNDINGS
- MINDFUL BREATHING/MOVEMENT/THINKING



MINDFUL LEADERSHIP TRAINING

PROGRAMM



15 NOV 25

- 10:00 OPENING
- 10:30 WAS IST MINDFUL LEADERSHIP?
- 11:00 ACHTSAMKEIT
- 12:00 PAUSE (LUNCH INCLUDED)
- 13:00 MINDFUL MOVEMENT
- 13:30 RESILIENZ
- 14:30 KREATIVITÄT
- 15:30 CLOSING

16 NOV 25

- 10:00 MINDFUL MOVEMENT/ MEDITATION
- 10:30 ZUGEHÖRIGKEIT
- 11:30 ENTSCHEIDUNGEN
- 13:00 PAUSE (LUNCH INCLUDED)
- 14:00 MINDFUL MOVEMENT UND BREATH
- 14:30 INSPIRATION
- 15:30 CLOSING

INVESTITION: 2000,- EURO
LOCATION: HAMBURG
ANMELDUNG VIA MAIL