

# MINDFUL LEADERSHIP TRAINING

LEAD YOURSELF AND OTHERS WITH MORE CLARITY,  
CONSCIOUSNESS AND CONNECTION



## WORKSHOP DETAILS

# 17/18 MAY 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



PROF. DR. NIKOLA PLOHR

# MINDFUL LEADERSHIP TRAINING

## PROGRAMM

### 17 MAY 25

10:00 OPENING

10:30 WAS IST MINDFUL LEADERSHIP?

11:00 ACHTSAMKEIT

12:00 PAUSE (LUNCH INCLUDED)

13:00 MINDFUL MOVEMENT

13:30 SELBSTWIRKSAMKEIT

14:30 ANERKENNUNG

15:30 CLOSING

### 18 MAY 25

10:00 MINDFUL MOVEMENT/ MEDITATION

10:30 RHYTHMEN

11:30 FEHLERKULTUR

13:00 PAUSE (LUNCH INCLUDED)

14:00 MINDFUL MOVEMENT UND BREATH

14:30 ZIELSETZUNGEN

15:30 CLOSING



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

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