



# Motivation seminar

## Activating one's own and others' potentials

### Seminar objective

Your success - and that of your colleagues and team members - starts in the mind! It is important to create the right key and the best framework conditions for performance readiness. Finding methods for self-motivation, trying them out in training and thinking about your personal (performance) limits - these are the goals for this seminar. You will gain the most important insights into motivation and success strategies for your team and yourself in order to be able to master special challenges mentally strong and successfully.

### Seminar content

#### Create a positive mindset:

- Strengthen your positive motivation
- Mental strength - how do I get an optimistic basic attitude?
- How to activate forces through the subconscious?
- Exceeding your own limits
- Reward system for yourself and others
- Increasing success - how do you motivate your team?

#### Principles and strategies:

- Peak performance through "flow"
- Setting and achieving milestones
- Special features of the "anchor technique"
- "Pretending" - developing strategies
- The "here and now" principle
- Changing one's own approach

#### Dealing with fears

- How do you turn fears into positive energy?
- Strengthening self-confidence and courageous appearance
- Power of positive "affirmation"

#### Develop approaches and solutions:

- Relaxation techniques
- How do I create a positive and attractive environment?
- Permanent actions
- What are the most important visualization techniques?
- Strategies for everyday life

### Methodology

Practical exercises  
Tips for transferring learnings into everyday life  
External and self-analysis  
Moderated discussion  
Exercises with individual feedback

### Target audience

The motivation seminar is aimed at specialists and managers from business enterprises of all sizes and industries as well as from public administration.

#### Course ref.

PE4007

#### Participants

not more than 9 participants

#### Schedule

1. Day: 10:00 - 17:00  
2. Day: 09:00 - 16:00

#### Location & dates

##### Münster

29.08.2024 - 30.08.2024  
02.12.2024 - 03.12.2024  
24.04.2025 - 25.04.2025  
28.08.2025 - 29.08.2025  
01.12.2025 - 02.12.2025

#### Fee

1.150,00 € (ex. VAT)  
1.368,50 € (inc. VAT)

Included in the price: Working documents, certificate of participation, lunch and coffee breaks.



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