Positive thinking and stress management

Seminar objective

The aim of the seminar is to reduce stress more easily and to increase positive self-influence. The best known stress management and relaxation methods are introduced and practised. The seminar consists of a multitude of exercises that can be directly implemented. Better performance, calmness and creativity are the result. As an added bonus, you will learn about the latest AI-supported methods that can help you analyze your individual stress levels and develop effective coping strategies.

Seminar content

Basics of our thinking:

- When things get stressful - basics of mental training.
- Positive thinking and stress management: structured approach
- How do I increase my self-confidence and rely on my intuition?

Different training methods:

- Techniques of autosuggestion
- Mental relaxation techniques
- Influencing mood through mental training

Forms of relaxation techniques:

- Short relaxation methods at a glance
- The "8-minute break" and its effect on concentration
- The art of slowness and its effect on well-being
- Color meditations for relaxation and creativity
- Short breaks for regeneration
- The place of rest in the imagination
- Music relaxation

Using one's own psychological abilities

- Transfer and implementation in practice
- How to implement what I have learned in my environment
- First measure

Methodology

Trainer input Tips for transferring learnings into everyday life Group discussion Individual and group work External and self-analysis

Target audience

The positive thinking and stress management seminar is aimed at specialists and managers from business enterprises of all sizes and sectors as well as from public administrations.

Course ref.

PE4002

Participants

not more than 9 participants

Schedule

1. Day: 10:00 - 17:00
2. Day: 09:30 - 16:00

Location & dates

Münster

08.04.2027 – 09.04.2027
26.07.2027 – 27.07.2027

Hamburg

16.11.2026 – 17.11.2026
10.06.2027 – 11.06.2027
15.11.2027 – 16.11.2027

Berlin

08.04.2027 – 09.04.2027
13.09.2027 – 14.09.2027

Frankfurt am Main

31.05.2027 – 01.06.2027

Munich

15.03.2027 – 16.03.2027
04.10.2027 – 05.10.2027

Fee

1.200,00 € (ex. VAT)
1.428,00 € (inc. VAT)

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

MANAGEMENT-INSTITUT
DR. A. KITZMANN
Seminare für Fach- und
Führungskräfte

FAX-ANMELDUNG +49 251 20205-99

Internet: www.kitzmann.biz
E-Mail: info@kitzmann.biz
Telefax: +49 251 20205-99

Ich melde mich/Wir melden uns zu folgender Veranstaltung an:

1. Teilnehmer

Name/Vorname

E-Mail

Mobilnummer

Veranstaltung | Seminarcode

Ort | Termin

2. Teilnehmer

Name/Vorname

E-Mail

Mobilnummer

Veranstaltung | Seminarcode

Ort | Termin

Firmendaten/Rechnungsempfänger

Firma

Rechnung (Name)

Straße/Nummer

PLZ/Ort

Telefon/Fax

Branche

Datum

Anzahl der Mitarbeiter in Ihrem Unternehmen

Kundennummer

Anmeldebestätigung (E-Mail)

Unterschrift