



# YOUR FUTURE SUCCESS DESIGN

ACTION-ORIENTED PERSONALITY DEVELOPMENT

**EDEN**

EMPOWERMENT DEVELOPMENT EXPERIENCES NATURE

LEADERSHIP TEAM PERSÖNLICHKEIT



## YOU WANT TO GIVE YOUR LIFE A DIRECTION, EXPERIENCE BALANCE OR DEVELOP PERSONALLY?

We support people in discovering, experiencing and developing your vocation. We work with proven concepts and build our seminars on scientific know-how and positive psychology. It is about developing your life concept, questioning it or bringing it into balance. We take a holistic view of your life situation and work on various topics of personal success.

### 1. DEVELOP YOUR PERSONAL POTENTIAL

Potential recognition and development, biography work, value analysis, motivational skills, personality type and ideal environment

### 2. DISCOVER YOUR OWN VISION

Appointment analysis, motives, passion, focus and goal definition

### 3. DEVELOP NAVIGATION STRATEGIES

Efficient self, goal and time management



## WORKSHOP BASIC ISSUES

	TARGET GROUP	TOPICS
<b>PERSONLITY CHECK</b>	Analysis of your potential: personality, skills, biography and location: what can I do well? Where am I from and where am I now?	<ul style="list-style-type: none"> <li>▶ Self-management for balance and authenticity</li> <li>▶ Obtain self-assessment and feedback (self and external image)</li> <li>▶ Understand strengths and weaknesses better (DISG Typology)</li> </ul>
<b>PERSONLITY VALUES</b>	People who develop their potential want to strengthen their values and their self-confidence.	<ul style="list-style-type: none"> <li>▶ Emotional intelligence: empathy, congruence, acceptance,</li> <li>▶ relationship skills: learning to build good relationships,</li> <li>▶ building self-confidence and increasing motivation</li> </ul>
<b>PERSONLITY COMMUNICATION</b>	People who discover the importance of successful communication for themselves and want to make better use of it.	<ul style="list-style-type: none"> <li>▶ Understand practical communication psychology</li> <li>▶ Discover your own communication style</li> <li>▶ Learn and use communication tools</li> </ul>
<b>PERSONLITY VISION</b>	People who want to concentrate on themselves and their lives: What are my passions and where do I want to go?	<ul style="list-style-type: none"> <li>▶ Clarification of personal and professional vision (direction)</li> <li>▶ development of passion and motivation</li> <li>▶ Concentrate and prioritize for life planning and orientation</li> </ul>
<b>PERSONLITY STRATEGY</b>	People who want to develop a personal life strategy: What helps me on the way to the goal?	<ul style="list-style-type: none"> <li>▶ How can I proactively shape all areas of life?</li> <li>▶ Project management: Develop implementation plans and measures</li> <li>▶ set life goals and recognize perspectives</li> </ul>
<b>PERSONLITY CHANGE</b>	People who are in change processes or who are about to change.	<ul style="list-style-type: none"> <li>▶ Recognizing and effectively designing change processes</li> <li>▶ Strengthening one's own sense of responsibility and role</li> <li>▶ Work-life balance with simultaneous ability to change</li> </ul>
<b>PERSONLITY KONFLIKT</b>	People with whom tensions or conflicts exist and problems need to be solved.	<ul style="list-style-type: none"> <li>▶ Development of a personal stress management</li> <li>▶ Recognize, process and solve conflicts and conflict patterns</li> <li>▶ Training the tolerance to frustration and ambiguity</li> </ul>
<b>PERSONLITY INTERCULTURAL</b>	People who have to master intercultural challenges.	<ul style="list-style-type: none"> <li>▶ Recognizing the challenges of intercultural differences</li> <li>▶ Acquiring intercultural skills</li> <li>▶ Effective communication across language barriers</li> </ul>

## WORKSHOP SPECIALS

<b>LIFE NAVIGATION</b>	The workshop for discovering your life vision and creating a life plan for navigation.
<b>LIFE LEADERSHIP</b>	Balancing life and leadership. For example as a mountain adventure in the European Alps or the Himalayas.
<b>LIFE BALANCE</b>	Active contemplation for your life balance. For example, as a hike on the Jakobsweg or as an accompanying break in the monastery, wellness hotel ...
<b>LIFE CHALLENGE</b>	Self-goal and time management: Learn to analyze and evaluate your personal and professional challenges, overcome obstacles and overcome gaps in motivation.



#### CUSTOMER STATEMENT

*The training gave me a perfect basis in a phase of life in transition and realignment to take the next steps actively and in a structured manner. With validated methods of reflection and personal coaching, my goals became very clear. A seminar that I can highly recommend for both personal and professional development!*

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