

Training: Health & Stress Management



In this experience-orientated and practice-orientated training, the participants get the knowledge and the tools to sustainably improve their own health, physical and mental fitness, the handling of stress and the personal work-life-balance in their daily working routine.

In practical exercises for resilience, they experience how they can maintain and increase their own fitness, mental strength, internal steadiness and the personal capability.

Trainer input on medical subjects and sport science alternate with the exchanging of experiences of the participants and practical exercises. The participants get seminar documents on the topic and exercise instructions for the working day routine.

Contents

- Fixing the personal position
- learning from top athletes : the Biathlon breathing technique
- Tips and suggestions for nutrition
- Self-responsible muscular relaxation
- Mental techniques of top athletes for business working day routine
- Handling the "weaker self"
- Linking work-life-balance and professional success
- Personal realization program

We offer this training as made-to-measure inhouse seminar for your enterprise.
Minimum number of participants: 5, duration: 2 oder 3 Tage.

Trainers: Dirk Scharler and Ralf Messbacher

messbacher

Coaching und Organisationsberatung
Schanzenstrasse 79, 34130 Kassel, Germany

www.messbacher.de

info@messbacher.de

+49 (0) 561 400 90 07 (Phone/Fax)

+49 (0) 160 855 56 15 (Cell)