

Trainer

Dr. Nicola Riva, born in 1965, holds a University Degree in Law and a Doctorate in Psychology; Scientific and technical consultant for the State University of Padua, Faculty of Economics; Official trainer of negotiation and communication seminars promoted by Sole24Ore (the leading financial newspaper and training organization for attorneys, professionals and corporates in Italy); Co-director of the Italian Institute of Neuro-Semantics; NLP and Neuro-Semantics Trainer (ISNS USA); NLP Master (Society of NLP); International Affiliate APA (American Psychological Association); Professional Rebirther and expert in breathing techniques (Qi-Qong, Breath-Work); Certified Executive and Education Coach (ACMC USA); Advanced Louise Hay Certified Teacher; Black Belt (1st dan) of Karate and Tai-Chi Master Firewalking Trainer



Information

Good knowledge of English language required

Target group:
Managing Directors, Business Owners,
HR Development Managers

Dates:
25-26th may 2011
or 21-22th sept 2011
Plus possible follow-up day

Price:
EUR 2.475,- including training material, conference package and dinner. Logis and VAT is extra.



Leadership & General Management
EMOTIONAL MASTERY:
Transforming Stress and
Unleashing Your Potentials
for Emotional Vitality

CAMPUS Königstein®

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Content

„87% of business issues are due to the lack of inter-personal communication skills not to the competencies of the parties.“ - Harvard Business Review 2002

Emotional Mastery explores the meaning and nature of our emotions— what they are, how they work, what explains them, and how to develop the necessary Emotional Intelligence and interpersonal communication skills to handle them effectively.

In Emotional Mastery you will learn how to become aware of your emotional vitality, to manage your emotions well so that they enhance the quality of your life, your relationships, your motivation, your health and well-being, and your self-actualization— that’s what Emotional Mastery is all about.

Most humans today are still living at a too low level on their hierarchy of needs. They are acting as if food, water, shelter, sex, money, etc. were “the meaning of life.” It is not and it cannot carry that significance. Trying to live at that level either causes a person to become stuck at the animal level of existence, or psycho-eating, psycho-spending, psycho-sexing, etc.—all attempts at trying to load up a lower need as if it could be “the purpose of life.” It can’t.

In this workshop you will develop your base for Emotional Vitality and Self Significance by learning how to effectively fulfil your lower needs, seek the peak of your higher life, and then move to living the vitality with all of the emotional energies for actualizing your highest and best.



Aim

You will learn how to:

- Enrich your experience of life - find more passion and satisfaction in relationships, career and health.
- Welcome, embrace, and accept emotions as emotions.
- Create emotional stability and strength for handling life’s challenges.
- Eliminate attitudes and blockages that have limited you in the past - low self esteem, lack of control, inability to act on your ideas.
- Achieve extraordinary results by thinking and working systemically.



Trainer



Dr. Thomas Oehler, born in 1959, Coach and Trainer, was managing director of international companies in Consulting and Counselling services, Media, Cosmetics and Advertising. With a Master’s degree in science communication, sociology and philosophy, postgraduate studies in psychology and a Phd in Economics/ Management, Dr.

Oehler has worked in France, Germany, China, USA, UK, Czech Republic, Hungary, Italy and Austria. His areas of expertise are: communication, stress management, motivation, negotiations, conflict management, mediation, team-building and integration of new executives within a company. His coaching methods consist of active discussion, self-exploration, psychological methods, breathing techniques, focused interviews. He speaks English, French, German, Hungarian.

Dr. Lucia Giovannini, born in 1964, holds a University degree in Psychology and a Bachelor’s in Psycho-Anthropology. Author of the best-selling book “Tutta Un’altra Vita” (A whole new life) published by Sperling&Kupfer; NLP and Neuro-Semantics Trainer (ISNS USA); NLP Master (Society of NLP); International Affiliate APA (American Psychological Association); Breathwork Practitioner; Co-director of the Italian Institute of Neuro-Semantics; Certified Spiritual, Transformational and Executive Coach (ACMC USA); Louise Hay Creative Thought Certified Teacher; Master Firewalking Trainer

