

Seminar & Workshop: Healthy Leadership

Summary

- ✓ Course dates: September 27 – 29, 2023
- ✓ Course duration: 3 days
- ✓ Language: German
- ✓ Location: Berlin
- ✓ Certificate: Certificate of Participation
- ✓ Format: On-site
- ✓ Lecturers: Prof. Dr. Annette Mayer, Dr. Nicole Torjus
- ✓ Price: 1400 €

Course overview

Healthy, motivated and productive employees are the basis for a high-performing and successful organisation, even against the backdrop of the worsening shortage of skilled workers. Research shows that an important factor that strongly influences the health of employees is the behaviour of leaders. Healthy self-leadership is a key foundation for successfully inspiring, supporting and guiding people and teams to work together successfully.

In addition to motivating the team, supporting their employees and promoting autonomous work, central aspects of healthy leadership are appreciation, transparency, building up resources, reducing stress and conveying security.

Motivating people, orienting them to common tasks and goals and at the same time keeping an eye on their performance and health is the greatest challenge facing managers and the subject of this course.

Course content

- ✓ Causes and development of stress
- ✓ Dealing with pressure and stress
- ✓ Symptoms of stress and stress-triggering conditions in oneself and in employees
- ✓ Self-testing energy management: what is my personal energy balance?
- ✓ Healthy leadership and healthy work behaviour
- ✓ Interaction between employee satisfaction and work-related performance
- ✓ Own-resources and those of the team
- ✓ Taking responsibility for healthy coping with daily demands and developing a personal plan of action
- ✓ Strength- and resource-oriented communication
- ✓ Possibilities for action and limits as a leader
- ✓ Influence of internal and external expectations

The contents of the course will be dealt with in the form of short lectures and interactive group work.



TU BERLIN ACADEMY FOR PROFESSIONAL EDUCATION

Dates

September 27 - 29, 2023 (on-site in Berlin).

Booking and contact

Register here: <https://www.academy-tu.berlin/en/courses/short-courses>

Should you have any questions, please contact the TU Berlin Academy Team at: +49 30 4472 0232 or via email: info@academy-tu.berlin. We hope to see you In Berlin - or online - very soon!