



## **Seminar for hospitals and social facilities**

### **2 getting motion Workshops and 2 fresh-ups for nursing professions**

#### **Initial situation:**

The social facility (hospital, therapy- or recovery- place) employs staff that has different tasks and fields of activity. Besides the care of patients, it is a necessity to have good teamwork in order to deal with daily challenges. The team consists of employees with different educations and tasks. This includes graduated nurses, everyday caretakers with long-time experience in companies, but also new staff members that just recently joined the team and should be integrated properly.

The challenging part is to create a respectful and trustful team that promotes optimised work in the sense of an empathic corporate culture without mutual reservation. This leads to a noticeably improved teamwork and consequently contributes to the patients' welfare in the health facility. In order to promote these goals and to prepare this new way for your employees, we offer a team-training that can take place at any time you decide on.

#### **The following topics are paramount:**

- ✓ demands and goals – from pressure to self-motivation
- ✓ patterns and their triggers – intuitive reaction-patterns for stress
- ✓ to stay in balance – recognise “energy-thieves” and respect one’s personal limits
- ✓ conscious use and handling of his own resources
- ✓ stress-management through short and specific relaxation & “refuel energy” in spite of daily burdens
- ✓ my value – our values
- ✓ create confidence in Effective and efficient cooperation
- ✓ live the enthusiasm

## Target group:

Every employee and the whole leadership team of your healthcare company.

## Training's procedure:

During a six hour long interactive workshop, the participants will cognitively work on the topics and experience them with the getting motion method. A follow-up workshop with a duration of three hours complements and deepens the participants' experiences. Our method relies on emotional comprehension, cognitive experience and the rational and practical implementation. Training-contents and –goals get effectively and sustainably conveyed with joy and ease to the participants. Theory and exercises follow each other in quick succession. The interplay between movement, listening and application leads to immediate learning effects, which can be implemented immediately by the participants. It is therefore possible to keep contents long-term and integrate them in the everyday working life.

The individual workshops are held by two trainers that work alternatingly with cognitive and emotional elements, the body and cell consciousness.

## Goals and benefits:

- ✓ appreciation and empathy in joint interactions
- ✓ enhancement of self-motivation
- ✓ strengthening of self-perception
- ✓ recognise personal strengths and potentials
- ✓ recognise and protect personal limits
- ✓ enhancement of personal creativity at work and in your free time
- ✓ fluency in social interactions
- ✓ ability to switch quickly between work and free time
- ✓ conscious authenticity

### **Hubertus Scheidlberger e.U.**

Fach- und Verhaltenstrainer

Dipl. Biodanza-Facilitator u.-Didacta

[www.gettingmotion.at](http://www.gettingmotion.at)

[hubertus.scheidlberger@gettingmotion.at](mailto:hubertus.scheidlberger@gettingmotion.at)

[further information Tel.: 0676 3912666](tel:06763912666)