



THE TEAM: “Embassy in motion“

The cooperation and work of a country's diplomatic representation require attention, circumspection and knowledge of human nature to not only fulfil the state's interests, concerns and the citizens' needs but also the host country's. This requires a collegial cooperation with consideration and acceptance of individual strengths and weaknesses among team colleagues and the responsible management. The requirement to adhere to instructions and changes coming from the country, politics or different principals often demands a rather difficult straddle. Although resources are limited, it is necessary to find an ideal solution in consideration of structural specifications.

Through the promotion of individual strengths and the participants' joint requests, it is more easily possible after the seminar to utilise the strength and dynamic of the cooperation successfully. Strengthening dogmas help to recognise individual potentials and to apply the available resources as best as possible to the office and management routine.

If your cooperation's team culture gets carried by collective values like mutual acceptance and appreciation, daily tasks will be solved more easily and with less trouble.

It is our strength to create this foundation with simple methods!

We accompany you and your team during the development of an affective (sensitive) net in the cooperation. As a result, respectful dealings in cooperation develop for people from different cultures, mentalities and behaviours, especially on the very important emotional level.

Target group:

People who make sustainable decisions and who want to work well together with others.
People in leadership positions that accompany and shape processes and procedures.

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Contents:

- The team's strength
- Focus on solutions instead of problems
- Stress-management through short but specific relaxing & recharging your batteries
- Structured and optimised administration
- To live enthusiasm

Goals and benefits:

- Appreciation and empathy in social dealings
- Increase of self-motivation
- Strengthening of self-perception
- Recognise and protect personal borders
- Increase of personal creativity in work and free time
- Lightness in cooperation
- Fast switching between job and free time
- Conscious authenticity

Duration:

Between 90 minutes and a 2-day workshop, depending on the contents that were agreed on

Service:

information meeting, individual seminar-creation and well-coordinated execution

Number of participants:

Groups from 15 to 30 in Seminars and much more people for events and get togethers.

The getting motion-method:

“The Trilogy” (cognitive, emotional, rational)

A training-method that addresses the cognitive and emotional level in a special way. Training-contents and -goals will be made perceptible through lightness and joy for the participants and therefore effectively and permanently conveyed. Practice and exercises change in short sequences. The method relies on emotional sensing, cognitive experiencing and the practical and rational implementation. The interplay between motion, listening and applying causes an immediate learning effect for the participants, which can be implemented immediately.

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