

In-company Training

Team development

As society is made to function with less margin for error, the pressure on each of us increases. Expectations are high and stress-related complaints are increasingly common. Consequently this affects interaction with each other and our guests, clients, customers and patients. The effect of stress on the working environment and, therefore, on resilience, performance, dedication, absence of work and staff turnover, is clear.

The importance of a **humane working environment** is substantial. To achieve this, we need sufficient self knowledge and understanding of others. Knowledge is the best tool to anticipate the position of the other person.

Self awareness fosters understanding and increased inner relaxation, resilience, positive space, dedication creativity and performance.

We want to know that we are heard. Our **colleagues, guests, clients, customers and patients** want to feel that we listen. Experiencing this, a conversation can be held on a more constructive level.

It is essential to understand the functioning of feeling, thinking and acting. These insights help us to develop the best possible interactions and relationships with others.

The purpose of your organization

Our in-company training can help to optimise efficiency in any organizational development process. Two- to three-day training sessions and workshops are tailored to the organization-specific situation and, amongst other issues, will focus on increasing:

- × each individual's inner experience of balance and contentedness
- × the discovery and utilisation of personal qualities in the workplace
- × energy within a team or organization
- × the connection with guests, clients, customers or patients, from first to last contact and beyond

The strength of our training

An integrated system approaches issues using complementary methods which avoid type labelling. This system allows us to appreciate the uniqueness of every human being. We work with:

- × four ways of approaching
- × conscious and subconscious motivations
- × methods of handling situations
- × variations of how mood effects our actions
- × recognition and application in practice