



## Personal development

Self-confidence, how I affect others, transactional analysis, NLP

### Seminar objective

Professional and personal further training is important to you - and you would like to use a weekend to intensively deal with the topic of personality development? In our weekend seminars we offer you a very individual learning environment in which you can ask your questions and achieve your personal goals.

The "Weekend Seminar on Personality Development" combines modules from the seminars "How do I come across?", "Self-assured self-presentation", "Emotional intelligence", "Anti-annoyance training", "Potential analysis", "Transactional analysis", "Relationship skills", "Stress management", "Motivation training" and "Knowledge of human nature". You will have the opportunity to express individual, thematic preferences from the range of topics "personality development", so that this training can be adapted to your wishes. The implementation in very small groups guarantees a practical training.

### Seminar content

#### Effective appearance:

- Success through charisma
- How do I make an impression on others?
- Self-confident appearance
- Success through charisma

#### Understanding feelings:

- Emotional intelligence
- Relationship skills in business
- Knowledge of human nature

#### Successfully activating potential:

- Motivation Seminar
- Fascination and presence
- Positive thinking and stress management

#### Gain quality of work and life

- Anti-aggression training
- The power of positive aggression
- Resilience

### Methodology

Exchange of experiences and discussion  
Trainer input  
Exercise examples  
Moderated discussion  
Participant and trainer feedback  
Collegial consultation  
Help for transfer to everyday life  
External and self-analysis

### Target audience

The weekend seminar personal development is aimed at specialists and managers from business enterprises of all sizes and industries as

#### Course ref.

WE9001

#### Participants

not more than 9 participants

#### Schedule

1. Day: 10:00 - 17:00  
2. Day: 09:00 - 16:00

#### Location & dates

##### Münster

16.11.2024 – 17.11.2024  
22.02.2025 – 23.02.2025  
21.06.2025 – 22.06.2025  
15.11.2025 – 16.11.2025

#### Fee

1.150,00 € (ex. VAT)  
1.368,50 € (inc. VAT)

Included in the price: Working documents, certificate of participation, lunch and coffee breaks.



**MANAGEMENT-INSTITUT  
DR. A. KITZMANN**

Seminare für Fach- und  
Führungskräfte

well as from public administration.



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1. Teilnehmer

\_\_\_\_\_  
Name/Vorname

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E-Mail

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Mobilnummer

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Veranstaltung                      Seminarcode

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Firmendaten/Rechnungsempfänger

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Firma

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Rechnung (Name)

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Straße/Nummer

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2. Teilnehmer

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Anzahl der Mitarbeiter in Ihrem Unternehmen

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Kundennummer

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Anmeldebestätigung (E-Mail)

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Unterschrift