

## Charisma, the Effect of the Narcissistic Part

### The Art of Playing Together → Enthusiasm and Innovation in Teams

#### What?

- › Group workshop to initiate innovation processes and provide a space for reflection on their implementation. Muse – Mover & Shaker - Mentor

#### When and why?

- › Stagnation in idea processes
- › Lack of creativity
- › Implementation weaknesses
- › Need for team building
- › Kick-off workshop or incentive (1 day)

#### Objectives

- › Finding solutions more quickly together
- › Embracing change with enthusiasm and flexibility
- › Questioning and redefining previous methods
- › Getting to know the team in a new way
- › Experiencing the effect of “playing” together
- › Encouraging creativity
- › Changing restrictive team patterns
- › Establishing team spirit

#### Who?

- › High-performance teams, project teams, management teams, stagnating teams, newly founded teams

#### How?

- › 2+1 day(s) (6 week break in between for reference purposes)
- › Team setting

#### Method

- › Improvisational theatre, role playing, innovation model; establishing variety in available options and promoting flexibility

## Charismatic. Present. Unique. → Presentation Techniques 1

### What?

- › Learning to convey a confident presence in presentations, speeches, hearings, Assessment Center
- › Training the body and the voice; creating and taking the stage
- › Transporting the “message”
- › Transporting knowledge
- › Presentation techniques
- › Presentation formats for different personality types

### When and why?

- › Stage fright
- › Pressure to succeed in career-making situations or when regular presentations are part of the job
- › “You don’t get a second chance to make a first impression”

### Objectives

- › Enticing and meaningful presentations
- › Feeling comfortable and enjoying making presentations
- › Reaching the audience

### Who?

- › Managers, project group leaders, trainers and all other who occasionally or regularly have to give presentations

### How?

- › 2 days in a group setting as a team  
or
- › One-to-one setting as acute and rapid preparation for a specific presentation

### Method

- › Improvisational theatre, acting methods, perception and attention exercises, inner bearing and presence methods, clownery, flow experience

## *Presentation Techniques 2 – See Interaction*

## Stress Management → In the Eye of the Hurricane

### What?

- › Dealing with personal fears and negative emotions
- › Removing restrictive patterns and decisions
- › Recognising and respecting the limits between me and the others
- › Identifying individual stress patterns

### When and why?

- › Stress
- › Strong focus on problems in thoughts and actions
- › Limited ability to act
- › Lack of motivation
- › Inappropriate reactions to the environment as a result of stress

### Objectives

- › Dealing better with stress
- › Putting stress behind you and getting back down to work
- › Gaining more room for manoeuvre by reducing personal potential for stress
- › Breaking through personal conflict-seeking tendencies
- › Gaining the ability to act in times of crisis by establishing inner calm
- › Focusing on the solution not the problem
- › Keeping stress personal and not passing it on to staff
- › Emotional continence

### Who?

- › Managers
- › Anyone who needs support in handling stress

### How?

- › One-to-one setting

### Method

- › Mindfulness exercises, drama dynamics, Time Line®