



Workshops, Coachings und  
Assessments

+ SPECIALS

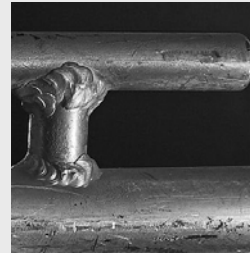
ANALYSIS

SALES

COMMUNICATION

LEADERSHIP

PERSONALITY



## Work-Life-Balance

**Balance Work  
and Everyday Life**

### **Content**

Only if the connection between life and work balances the triangle of time, money and health, the employee can meet challenges with energy and vitality.

### Paths to Achieving Balance:

Formulate vision and goal, recognise and realise desires, basis of motivation and increased effectiveness, strategies for inner Balance, activate your own power sources, consciously handle personal resources

Optional: Realising with Shaolin Monks in China in cooperation with the International Shaolin Institute e.V. (ISI)

### **Advantages**

- High company returns through reduced absences, low personal fluctuations and increased motivation of employees
- Integrated life-work-approach
- Increased employee satisfaction

### **Methods**

Workshop, presentations, Individual coaching

### **Duration**

2-day workshop, presentation (1-4 hours), coaching (tbd)