

Time-out Workshop

[**Strengthen your skills for a better quality of life**]



What it is about:

To maintain a healthy balance between work and private life can be challenging. Our demand to perfectly meet all commitments at work, as a partner or parent, leads to a lot of long term stress. This mechanism affects our mental and physical well-being and therefore reduces quality of life. In this workshop you learn about these mechanisms and triggers that make you slip into a stressful daily routine and affect your well-being. Furthermore we find personal resources to deal with your commitments without lowering your quality of life.

What is the aim:

In this workshop you will acquire self-managing skills and achieve a higher degree of autonomy in order to prevent stress and raise quality of life. Aim is to actively determine your life and not to be determined by it.

What you will learn:

Skills to

- *develop* a healthy self-esteem.
- *strengthen* your awareness of triggers that weaken you in our self-acceptance.
- *establish* resources that allow you to provide self-care.
- *realize* the feeling of worn out in order to prevent a burnout.
- *enable* your self-management and increase your quality of life.

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