



WORKING HARD WHILE LIVING SMART

A PROGRAMME IN PERSONAL LEADERSHIP AND EFFECTIVE COMMUNICATION
April 19 – 20, 2012

PROGRAMME

Are you expecting 'home' to meet your need for contact and validation? Do you realise the stress and pressure this brings upon families and relationships? Are you also thinking that work is mainly about being task-focused? Are you aware of the costs involved when organising your life in this way? Are you looking for a way to embody a leadership position, where you find balance for yourself in your private and professional life? Do you want to facilitate this for the people you are managing?

SSE RIGA OFFERS A PROGRAMME WHERE YOU WILL LEARN HOW TO:

- Manage your life challenges more efficiently
- Optimise your personal resources
- Develop a more effective communication style
- Help others in living a balanced life
- Reach more of your full potential

In addition:

Work in a safe learning environment
Engage in lively discussions with peers
Leave the programme feeling invigorated, inspired and challenged to reach for more

OVERVIEW

More and more successful people suffer from burn-out or chronic fatigue syndrome. Research has proven that working hard is not the cause of burnout. Research has proven that people are not getting ill from working hard. People lose energy when their basic needs are not met, be it in their personal lives or in their professional lives. These basic needs include:

- Feeling validated for who they are and for what they are contributing to their families and/or to the company;
- The need to (co)-create, or to find a time or place to use their creativity;
- The need for rest and time for interpersonal contacts;
- The need for clarity, a clear job description, and clear hierarchical structure.

People tend to think that the need for validation and interpersonal contact should completely and exclusively be met in the private environment. The standard mindset is that the office is a place to work, and making room for validation and interpersonal contact is counter-productive. Research has proven the contrary.

Happy employees and happy leaders/managers are functioning better, are ill less often, stay longer in the company, and have a more positive impact on colleagues.

Training in the so-called 'soft skills' costs a lot in time and money, but not training in these skills costs even more!

AGENDA

Day I

- Insight into how you function as a person. Learning about what 'drives you, makes you go' and also what stops you – so called 'self-sabotaging' mechanisms;
- Theory: Functional Ego State Model (drawn from the theory of Transactional Analysis);
- Exercise: Designing personal Ego-Grams – one about your home situation and one about work. Is there a difference in the way you function at home and at work?
- Theory: Drivers and Injunctions (what 'drives' us what 'stops' us);
- Theory: *Strokes* (theory about different way of exchanging compliments or feedback with other people).

Day II

- Developing a specific and measurable action plan according to what changes are required for reaching your goals;
- Reflecting about 'higher goals' in your life;
- Realising the expectations you have from your professional life and examining what's stopping you from finding the desired balance between 'work' and 'home';
- One-to-one time will be available. Some will learn by being coached, others will learn by witnessing a coaching.

FACULTY BIO



Linda Hoeben (born 1961) is criminologist and clinical psychotherapist (Transactional Analysis) based in Belgium. She is a founder, owner and trainer for the trainings institute Cirkels, focusing on the application of Transactional Analysis in Personal Development. Themes in her institutional training are: assertiveness training, self-development in a company, communication skills, and personal leadership skills. Her clients are major Belgian and Dutch commercial companies and institutions, including European Institutions.

In individual coaching Linda supports her clients in focusing on clear goals and objectives in their professional and personal lives. She enables them to recognise and move towards realising their full potential. Recently Linda Hoeben has been a guest lecturer in MBA programmes at the Business University Neyenrode, Utrecht. She has also been a guest lecturer at the University of Antwerpen and Canberra University.

PROGRAMME INFORMATION

Dates: April 19 - 20, 2012
Fee: 350 EUR
Fee for SSE Riga Alumni: 250 EUR
Registration Deadline: April 5, 2012
Size of the group: Approx. 15 persons
Language: English
Location: SSE Riga, Strelnieku 4a, Riga

APPLY HERE

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