



MyPhy Workshops

February – April 2020

Adopt a Growth Mindset & Become a “Chief Empowerment Officer”

27 & 28 FEBRUARY 2020

COST: CHF1'360 + VAT

FACILITATOR:
JONATHAN CAVE

WHO FOR:

A two day-workshop for managers seeking to enhance their soft skills, lead by example & create a culture of continuous improvement

DELIVERABLES:

- a new “soft skills” toolkit to increase leadership effectiveness
- a new mindset and a clear 2020 action plan to nurture talents
- a new network of leaders to support you going forward

Looking Forward to Saving Time

5 MARCH 2020

COST: CHF680 + VAT

FACILITATOR:
CASSANDRE BURGESS

WHO FOR:

A one-day workshop for women who balance work and family life and never seem to have enough time!

DELIVERABLES:

- greater efficiency in organizing your daily life & getting things done
- stress reduction through greater confidence in your decision-making ability
- boost happiness and satisfaction

Assertiveness: Standing up for Yourself! A Practical Approach

17 MARCH 2020

COST: CHF680 + VAT

FACILITATOR:
SUSAN BARAGWANATH

WHO FOR:

A one-day workshop for women who want to speak out and stand up for themselves in clear respectful ways

DELIVERABLES:

- ➔ strategies to deal with practical situations
- ➔ confidence to believe in yourself, identify values, integrate them
- ➔ strength in adversity & in your ability to make decisions

Moving from Pain to Performance

26 & 27 MARCH 2020

COST: CHF1'360 + VAT

FACILITATOR:
TANIA COTTON

WHO FOR:

A two-day workshop for men and women suffering from, or wanting to prevent, physical ailments (back, neck, knees, joints etc.) and transform their body into their greatest asset

DELIVERABLES:

- ➔ identify harmful posture and movement habits that are breaking your body down and making you 'old before your time'
- ➔ transform harmful habits into healthy ones to unlock your health and performance potential
- ➔ integrate new healthy habits into each context of your life and discover a 'New Normal'

Boosting Energy and Reducing Stress

2 APRIL 2020

COST: CHF680 + VAT

FACILITATOR:
MARTIN DE WAZIERS

WHO FOR:

A one-day workshop for over-busy men and women who seek better balance and a renewed energy to achieve higher performance and greater well-being

DELIVERABLES:

- ➔ a greater ability to reenergise & rebalance in any environment
- ➔ practical tools to leverage your key functions (sleep, intelligences, energy cycles) to help you perform under pressure
- ➔ simple routines to reduce stress and adopt a positive mindset

To book your place or request further information,
contact us at events@myphy.com

Places are limited.