



Renew Yourself

Webinar 2 hours

Dedicated to all the people who want to discover something new about themselves, to imagine a positive change or simply new ways of overcoming some obstacles that impact their happiness at work or in their own personal life.

This Webinar allows you to discover the Self-Renewal levers:

- ✓ CHOICE: Between a stimulus and a behavioral response there is a space of freedom where we can make our “choice” (V. Frankl). How to resist to an immediate response to the stimulus and how to dare to make own choices.
- ✓ COURAGE discover how you can overcome your fears by leveraging on your strengths
- ✓ CURIOSITY: the desire to discover, to explore, to learn.
- ✓ EMOTIONS: the most valuable information about what we live or want to live.

Webinar 4 hours

In addition to the objectives and content of the 2-hours Webinar, there is also the possibility of knowing the flight’s route to your Self-Renewal:

- ✓ Listen to your inner voice (values, aspirations, emotions)
- ✓ Discover your talent
- ✓ Focus on your goal
- ✓ Free your curiosity to discover and learn
- ✓ Imagine your future

Webinar 8 hours

In addition to the content of the 4-hour Webinar, the possibility of:

- ✓ Listening to your true Self-Renewal motives and drivers.
- ✓ Define your Own Self-Renewal Plan.
- ✓ Identify the network of coaches and mentors that can support you during the Self-Renewal journey.

