



Self Empowerment

Webinar 2 hours

Dedicated to all people who want to consciously direct their flight towards the “new normal” to reach a new “comfort zone” while reflecting on what the pandemic experience has taught to them.

This Webinar is allows you to appreciate some relevant flight instruments such as:

- ✓ SELF-AWARENESS: the importance of knowing yourself.
 - ✓ SELF-ESTEEM: the importance of having confidence in one’s own value and abilities.
 - ✓ IMAGINATION: the importance of seeing reality as it could be, and of identifying new possibilities and solutions.
 - ✓ LEARNING: the importance of knowing how to learn out of your experience.
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Webinar 4 hours

The objectives and contents of the 2-hours Webinar will be enriched by the possibility of practicing some of the above indicated flight instruments:

- ✓ SELF-PORTRAIT: the ability to isolate yourself to deeply reflect on your preferences, personal characteristics, strengths, blind spots, ambitions and dreams.
 - ✓ FLIGHT PLAN: to ability to steer the direction towards the “new normal”, finding new ideas, possibilities to be explored and opportunities.
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Webinar 8 hours

In addition to the content of the 2 and 4 hours Webinar, there is also the possibility to share your experiences with other participants and combine your energies to reach together the “new normal” by learning how to use two powerful tools:

- ✓ STORYTELLING: learn to create a story to share with others what you have learned during the pandemic and how this experience has influenced the creation of your flight plan.
- ✓ VISUALIZING THE NEW REALITY: learn how you can imagine together with others the “new normal” in an engaging and powerful way.

