

STRESS IN OUR LIVES – HOW TO DEAL WITH STRESSFUL SITUATIONS (AT WORK OR AT HOME)

Stress is actually a normal part of life. At times, it serves a useful purpose. Stress can motivate you to get that promotion at work, or run the last mile of a marathon. But if you don't get a handle on your stress and it becomes long-term, it can seriously interfere with your job, family life, and health.

In this workshop we will have a look at the core and roots of stress as well as possible ways how to handle it so that it can become our friend rather than an enemy.

Jazyková úroveň: B1 + B2

Lektor: Kristina Škrabalová

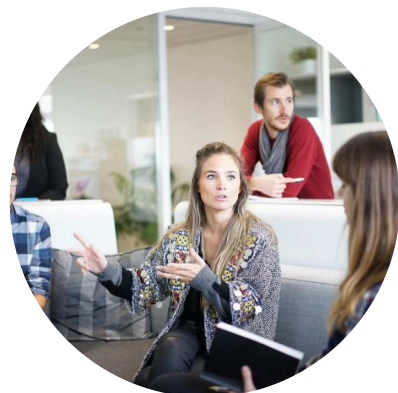
SECRETS OF THE BEST SPEAKERS – PRESENTATION SKILLS

It's not a secret that if you want your message to reach the audience you have to deliver it in a way that captivates everybody in the room. Whether it's speaking in public, important presentation to your co-workers or clients or a random encounter at a party, seminar, or on the street... The art of delivering your message is one of the most important ones in your life.

At this workshop we will have a look at the tools that might help you to confidently speak your truth, captivate any person or audience with your natural charisma, and channel your deepest emotions to inspire, persuade, and motivate the people around you.

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TIME, PRIORITIES & SELF MANAGEMENT – WHEN YOU CAN ORGANIZE YOURSELF, YOU CAN GET ANYTHING YOU WANT.

When you can organize yourself, you can get anything you want. If we want to be successful, we should manage our time so that we can achieve our goals. Managing our time means that we spend time on our priorities, and it also means that we do not waste time on non-priorities.

Everything is not important, believe it or not. And it's all about finding what is the real value for you so that you can restructure the pattern of your time management and start the shift from busyness to productivity.



CLEAR & EFFECTIVE COMMUNICATION – HOW TO BECOME A REAL MASTER OF WORDS.

How to communicate in a clear and decisive way without feelings of pressure, frustration or guilt? How to gain necessary confidence in order to state your argument, defend your opinion or solve conflicts?

In this workshop participants will learn what is the core of confidential and compelling communication and how to use arguments and feedback in everyday life.



PHRASAL VERBS – HOW TO MAKE FRIENDS WITH THEM

Phrasal verbs are everywhere out there and you can not make it without them even if you try. Eventhough it might be a bit of a bother, the sooner you master them, the easier it will be for you to dive into the divine glory of English speaking world and feel overwhelmed by new exciting horizons.

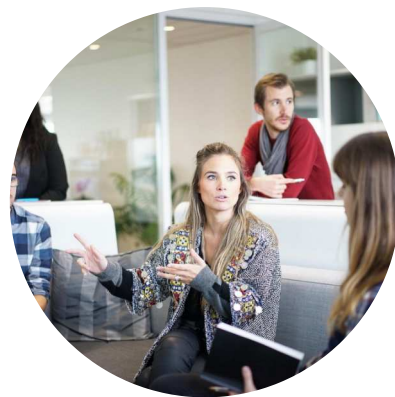


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KEEP COOL – SKILLFUL COMMUNICATION IN CONFLICT SITUATIONS

Unresolved or poorly navigated conflict can damage and even destroy relationships. However, conflict does not have to be destructive. When handled effectively, conflict can actually contribute to stronger relationships. And effective communication skills play a key role in successfully resolving of a conflict, be it at home or at work.



HEADING FOR SUCCESS – EXPLORING MINDSETS OF THE MOST SUCCESSFUL ONES

Have you ever wondered how Steve Jobs or Michael Jordan made it? What is the story behind the unrivaled success of J.K. Rowling? What is it that drives Elon Musk to reach further and higher? There is a story behind every success and there are certain patterns of thinking and habits that successful people follow in order to get where they want. At this workshop we will look deeper into these patterns and stories of success in order to find out what is the driving power on the road to achieving one's goals in life.



THE ART OF SAYING „NO“ – HOW TO KEEP FOCUSED ON WHAT WE WANT INSTEAD OF WHAT THE OTHERS WANT

Would you like to value your time, know your priorities and stop feeling guilty when you can't fulfill the others' needs? Do you find yourself often trying to please everybody or apologizing for your inability to help? If yes it is the answer, it is the right time to get back to you, minimize your stress and learn the gentle Art of Saying No.



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