



e-learning

Motivation in turbulent times

Pandemic, lockdown, war and now climate change – these really are not easy times! It's no wonder then that many people are just shuffling powerlessly from weekend to weekend: work is difficult and leisure time is tainted by the consumption of bad news.

This training is dedicated to everyone currently stuck in a motivational rut and looking for tips and strategies to help them make a change.

Group of participants:

Specialists and managers and all employees who would like to increase their motivation in times of crisis.

Duration: **approx. 0,5 hours**

Language:

Learning objectives

- ✓ How to build up the necessary motivation for your everyday (working) life, despite the chaos in the world;
- ✓ Why it is important to keep a healthy distance from negative news; and
- ✓ Which exercises will get you moving again and what really helps when it comes to the search for inner peace.

Contents

Goals instead of tasks

Let go of it all

No more stillstand

Be more like Buddha



Information on the web

www.haufe-akademie.de/el



Let us advise you

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