

Mental Management Tavastia

Mental Management is a model that helps us cope with demands and describes how to meet changes in the best possible way, so we can feel empowered and enjoy working.

- Seminar days à 4 hours
- Mental Management - Process Consultation
- Mental Management –presentations according to agreement



Seminar days: Mental Management

The Changing of Mental and Behavior Models

As the outside world changes, our inside world does not change at the same speed. To handle these constant changes we need the ability of reframing and relaxation.

The Mental Management –seminars, where cognitive problem solving methods are combined with mental training exercises provide you with concrete tools to boost this ability.

The content of the 4-hour seminar days 1 - 6

Seminar day 1: Mental Management: structure and basic tools

Seminar day 2: Strategic problem solving and information processing

Seminar day 3: Negotiation and the chunking tactic

Seminar day 4: Healthy self-confidence and self-belief

Seminar day 5: Learning and understanding the difference between what and how

Seminar day 6: Motivation, the power of action

The content of the 4-hour seminar days 7 - 12

Seminar day 7: Controlling fear of public speaking and making powerful presentations

Seminar day 8: Giving your brain, and your life, a useful direction (e.g. weight control)

Seminar day 9: Changing paradigms of bad habits into paradigms of good habits

Seminar day 10: Formula for translating our dreams into reality

Seminar day 11: From positive thinking to positive acting

Seminar day 12: Methods to make good choices and to maintain a new direction

Place: Education Consortium Tavastia or according to agreement

Teacher: Rita Ahvenniemi (www.training.fi)

Price: 50 € / day for attending all days 1-6 and/or 7-12
60 € / day for single days

Contact person:

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Mental Management – Process Consultation

MENTAL MANAGEMENT INTERVENTION

Personal meetings: 15 min. / employee, who is guided to invent new solutions. The professional Mental Manager summarizes these and outlines them to the groups (below) in a concrete shape

Small group discussions: 30 – 60 min / in groups of 4, where realization- and verification methods are discussed and finalized

Whole group discussion: 2-hour meeting, where the new behaviors are put into measurable action

Educational meetings: 3 times à 60 – 90 min.

Follow up: An evaluation is done after about 3 months

Measures of impact: Sick leaves

Economical results

Results according to the organization's own measures

Work Ability Index (when needed)

