

VUCA world and how it impacts us - why we feel anxious, how to eliminate and overcome anxiety habits.

Mind flexibility – dysfunctional beliefs, societal myths, neuroplasticity, growth and fixed mindset, negativity biases, self-compassion, sense of agency.

Self-assessment – defining your values, assessing your levels of mental energy, and brain from down to top.

Maximizing your team potential – chain reaction, coaching leadership style, fundamentals of healthy team culture.

Maximizing your potential – zones of genius, hedgehog principle, focus and energy, positive stress.

Stress management, resilience – the signs of a problem, mental energy assessment, how to prevent burnout, antifragility.

Time management – perception of time, feeling of time famine and the epidemic of busyness, where it is coming from, solutions, big & small rocks, not-to-do-list.

Self leadership

Goals setting, vision creation – outcome goals and process goals, trichotomy of control, game theory, prioritization, resources map, fundamental state of leadership.

Life design – applying design thinking methodology to your life.

Creating your positive and creative mindset – learning about your strengths, skill matrix, you are creative already, intuition, creative and innovative thinking techniques.

Maintaining motivation – self-determination theory, intrinsic and extrinsic motivation, art of small steps, avoiding negative motivators, keep the focus.