Design your Future - Planning a Fulfilling Work and Self-Realisation Experience
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Objectives

• Understand what is the formula for sustainable job satisfaction and fulfilment
• Find a reliable guidance in your training and career decisions
• Discover your own values, strengths and talents
• Get closer to your "true self"
• Get to know the career models available for shaping your career
• Draw up an individual concept sketch for the "right" profession

Work style

• Theoretical inputs, individual introspective work, body work, group work, some homework
• Alongside with Psychology and the Arts, be also enriched by the group and by my personal lived experience