

Healthy Leadership

Goal:

The issue of health is becoming increasingly important in companies. Healthy and relaxed employees are more efficient, motivated and resilient and help the company be successful. In many areas, but not all, the manager can make a decisive contribution to the health and well-being of their employees. This training course shows interfaces, provides information about “healthy” leadership and imparts options for action. How does a manager recognise where there is a need for action? Which measures are preventive and always important? How do I deal with employees who are less efficient and overwhelmed due to stress?

Target group: Employees with managerial responsibility

Content:

- Interfaces between leadership behaviour and health
- Influencing and direct interaction
- Be a role model—live healthily
- Recognise, assess and manage employee resources
- Leadership behaviour under stress
- Meeting employee expectations
- Dealing with overwhelmed employees
- Even in critical phases: stay cool

Methods: Short lecture, presentation, practical exercises

Duration: 2 days

Group size: max. 8 people