



*“From insight
to impact”* 

Voices of Experience:

**«Mental Strength - My Mind Makes
the Difference»**

An Event for Women in Business with Julia Kalenberg

Tuesday, 24th February 2015
Haus zum Rüden, Zurich

The Executive School of the University of St.Gallen is honored to invite you to its Women's Executive Education workshop featuring

Julia Kalenberg Trainer and Coach



Voices of Experience:

„Mental Strength - My Mind Makes the Difference“

Tuesday, 24th February, 2015

from 18.00 to 20.00 h

Haus zum Rüden, Zurich

In this workshop, Julia Kalenberg shows how our mental focus affects our sense of satisfaction, motivation, efficiency and last but not least our relationships with others. You will learn why focusing on your strengths is more helpful than managing your weaknesses. In exercises you will learn to use the power of solution focus. With the focus on your preferred future, what already works and little steps you make much better use of your potential and reach your goals more easily.

Julia Kalenberg is a trainer and coach for companies and individuals. In addition, she has successfully supported sports people in the last few years. She has delivered workshops on this topic at the UBS Health Forum/Wolfsberg and for internal women's business networks of several companies. www.juliakalenberg.ch

The event includes a networking apéro. Attendance is free of charge. Attendance is limited to 45 participants. This event will be in English.

Please register online at www.es.unisg.ch/womens-event

The Executive School is the University of St.Gallen's organisation for executive education and your contact for MBA, EMBA, open and custom programmes.

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