

## Agenda

### 1 day workshop, Team Spirit and the Secret of Successful Communication

#### Objective:

The participants will obtain some simple and very effective tools to control their feelings rather than be controlled by them. They will reach a greater understanding of how each and every one is personally responsible for successful communication. They will learn to recognize what they are actually communicating to others, and they will experience the importance of being present in the Now.

**Number of participants:** up to 40 people.

9.00 am	"Wilkommen Bienvenue Welcome", <i>Lisa</i> (everybody lighting candles as a symbol of team spirit)
9.15 am	When team players don't play together and how I went from IT to OM, tapping into the experiences of the participants and relating it to their daily lives, <i>Karin</i>
9.45 am	Nervous? What to do before beginning any kind of performance. Anti stress exercises. Getting grounded, <i>Lisa</i>
10.30 am	Break
10.45 am	The power of the Now is the key to success, <i>Lisa</i>
11.00 am	Exercises: - Being in the Now, <i>Lisa</i> - Body language, <i>Lisa &amp; Karin</i> - Recognizing your emotions through sound, <i>Lisa &amp; Karin</i> - "Rain drops on Roses", <i>Lisa</i>
12.00 pm	Lunch
1.00 pm	Exercises: - What is the true message behind your word? <i>Lisa &amp; Karin</i> - How can your voice help you control your mood, <i>Lisa &amp; Karin</i> - The connection between sound and emotions, <i>Lisa &amp; Karin</i>

1.45 pm	Exercises: - Communicate from your heart with love, <i>Lisa &amp; Karin</i> - Practise team spirit, <i>Lisa &amp; Karin</i>
2.30 pm	Break
3.00 pm	It's all about you! The law of Attraction and the only way you can make people change their behaviour, <i>Karin</i>
3.30 pm	Exercises: - Learn to control the emotions you communicate, <i>Lisa &amp; Karin</i> - Program yourself to communicate the most beneficial emotions, <i>Lisa &amp; Karin</i>
4.00 pm	Healing meditation, <i>Karin</i>
4.30 – 5.00 pm	Conclusion, <i>Lisa &amp; Karin</i> Amazing Grace (candle lights), <i>Lisa</i>