



Hochschule RheinMain

INTERNATIONAL WEEK: FUTURE LEADERS JULY 29TH TO AUGUST 2ND, 2019

DISCOVER AND DEVELOP YOUR PERSONAL LEADERSHIP QUALITIES

WHY PARTICIPATE?

The world is changing rapidly. Today, more than ever, it calls for authenticity, transparency and leading from the heart.

True qualities of leadership cannot be learned from a book and they do not only concern people in management positions. Leadership concerns all of us.

To 'lead' your life successfully, you need to think, speak and act in harmony with who you are. True leadership challenges us to be authentic at all times. It takes courage and practice: The courage to abandon social masks and the constant drive to be authentic, no matter what.

The objective of the international week is to learn how to lead yourself and others in a most holistic way – using body, mind and heart – and help others achieve their greatest possible potential. A potential that can be measured in personal wellbeing, and that will thus naturally result in professional success.

WHAT, WHERE, HOW?

The international school unites students from different European universities and offers the possibility to develop your personal leadership qualities.

You can expect not only a traditional teaching of leadership theories or concepts, but also a very personal approach to better understanding your unique leadership potential. To lead others, you need to be able to lead yourself – to know your strengths and embrace your weaknesses.

The programme is strongly personal development oriented and requires you to be open minded and ready to work on yourself. You will for example learn how to understand and deal with emotions in a constructive way. Emotions contain important information and provide a powerful way to understand yourself and others.



CONTACT & APPLICATION:

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ORGANISATION & INSCRIPTION

Participation Fee: free for students, including all teaching activities from 10-18 h every day.

Selection process: Limited to 20 places. Please send a 1-page CV and a 1-page motivation letter.

ECTS: 3 CP

Accommodation and meals: Participants are responsible for ensuring their own accommodation and covering all costs during the five-day training period.

Location: RheinMain University of Applied Sciences Wiesbaden, Germany

PROGRAMME

Day 1: Opening & team building: What makes a leader? Fundamentals: Leadership skills and styles

Day 2: Intercultural leadership: Leading across cultures and diverse contexts

Day 3: Authentic leadership: Identifying manipulation & power strategies; developing authentic communication patterns

Day 4: Leadership & Emotional Intelligence: The systemic leadership tool »The King's & Queen's Play«

Day 5: Future Leaders: Personal Vision & Agenda; Feedback & Closing of event

Reflection: 5-page reflection statement

YOUR TRAINERS

Sabine Mueller, PhD

Therapist, coach, innovation consultant. Sabine is a professional leadership trainer in France and possesses 15 years of international experience in accompanying individuals and groups towards their highest potential. www.sabinemueller.fr

Andrea Voigt, MA

Intercultural trainer and coach, change manager. Andrea has many years of leadership experience in an international consulting company. As an intercultural trainer, she loves to work and learn together with people from different cultures.

Gudrun Bolduan, MA

Career adviser and coach. Gudrun has 20 years of experience in marketing and the career development field.

Date: 29th July – 2nd August 2019

Time: 10:00 am – 6:00 pm

Instructors: Andrea Voigt, Gudrun Bolduan, Dr. Sabine Müller

Creditpoints: 3 CP

Requirements to receive credit:

→ attendance at 100 % of the sessions

→ reflection paper (5 pages)