



e-learning

Empowerment for women

Is this a familiar situation? You are always committed and make a valuable contribution to your company, but you don't have enough visibility and are appreciated far too little? Or are you wondering whether your career path is fulfilling your full potential?

Then empowerment is the crucial keyword for you. Empowered individuals are people who

- know and respect themselves,
- are authentic,
- communicate their needs, goals and boundaries, and
- develop their full potential from a position of strength.

Empowerment helps you to confidently overcome challenges, also in a business context, and to always be yourself.

Booking Number: **34913**

Group of participants:
Professionals, especially women, who want to empower themselves. Empowered people are people who know and respect themselves, are authentic, communicate their needs, goals and boundaries, and develop their full potential from their own strength.

Duration: **approx. 2,5 hours**

Language:  

Unit price:

€ 119,- zzgl. MwSt. | € 141,61 inkl. MwSt.

Package prices from 50 licenses on request

Learning objectives

- ✓ What will I learn in this e-learning course?
- ✓ What does it mean to be authentic?
- ✓ How do I take full responsibility for myself?
- ✓ How do I build a support network?
- ✓ Being aware of yourself
 - What are my strengths?
 - What are my values?
 - How good is the connection with my emotions?
 - What is my definition of success at work?
- ✓ Communication
 - How do I communicate effectively and purposefully?
 - How do I manage expectations and objectives?
 - Why and how do I say no?
 - How do I deal with disharmony?
- ✓ What are my takeaways from this e-learning course?

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- Communication
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Information on the web

www.haufe-akademie.de/34913



Let us advise you

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