



SEMINARPROGRAMM Stress Management

■ **SMART (stress management and revitalisation training)**

Copyright © 2008-2010 www.vdonskoi.com, Vladimir Donskoi

Zielgruppe: Führungskräfte und /oder Angestellte, an die höchste Anforderungen gestellt werden. Das Seminar wird nur in Englisch angeboten. Das Seminar kann stundenweise gebucht werden, auch zusätzlich zu Ihrem Englisch-Training. **Preis auf Anfrage.**

Das Programm: SMART is a one-to-one training, which in some cases (e.g. family training) can be done in small groups if you so desire. The decision on this arrangement will be made with the trainer after the initial diagnostic discussion. Since SMART is always an individually tailored approach, the contents and the exact methods vary and thus cannot be generalised here.

Kursinhalte: This training is a personal, high-precision work, the purpose of which is to equip you with all the necessary tools for revitalising your emotional, mental and physical aspects. It is thus not about suspending the stress temporarily but about transmuting it for good. You can think of it this way: Imagine that you are carrying a virus in your body that is slowly killing you. So, instead of making you dependant on a “specialist” or asking you to take pills (with side effects) to treat the symptoms, SMART helps you to discover how this virus works, to defeat it, and to become personally immune to it. As many of you have already experienced, conventional methods – i.e., addressing the mind only – would be of very limited use here. Therefore, an organic combination of carefully selected, powerful methods is used to transform the stress-generating patterns.

Methode: In practical terms, you should be prepared to work with your physical body, your emotions, your mental imagery, and other deep systems that can really create a qualitative shift in you. The trainer will use his knowledge and experience to identify the areas for transformation and to guide and assist you through the process, but ultimately the work is yours! It is your free will from beginning to end. So, if you wish to “outsource” your self-work to someone else or prefer only conventional methods, SMART is not for you.