



Workshop/Seminar "Focus for Success"

This workshop or seminar is designed for students of all majors facilitating them to go through their studies with best performance. There are vast opportunities (especially in our western world) and we appreciate great freedom in choosing a major. This offers a wide spectrum of ways for development. At the same time we experience an excessive offer for information and opportunities, many ways for destruction and high social and personal expectations.

Students learn in this workshop/seminar to calibrate their focus through self-reflection, goal-setting and evaluation of expectation, recognition and reality. They will learn to sharpen their vision and to perceive resources to be valuable and to utilize them accordingly.

The content of this workshop/seminar is sub-divided into five parts, which I would like to briefly explain in the following. It is possible to perform this event for half a day, i.e. focussing on the first three parts, dedicated to studies and development. The remaining two parts focus on personal development.

• I – Status Quo

In the first part a clarification of the status quo is reached, which serves as a foundation for the topics that follow.

- Higher Education:* Students shall firstly understand what higher education on university level actually means in comparison to other options for education.
- Expectations for myself:* Students switch roles and look at themselves from the perspective of lecturers/universities/society. What are they expecting about how I should act as a student?
- Own expectations:* Next, it is important to clarify own expectations and prospect about universities/lecturers/fellow students.
- My lecturers and I:* An interesting aspect is the revelation of a mental image of lecturers in the minds of students: Who are these lecturers for me? Changing perspective would then lead to: Who do I want to be for my lecturers?

• II – Responsibility

This part highlights own responsibilities in connection with various aspects.

- Own responsibility:* Students will self-reflect on some thoughts about this topic, which will be complemented by further aspects. By this, we create a bigger picture which will serve as a foundation for decision making.
- Setting goals:* It is one of the most important aspects to know which direction to go. And, furthermore, why?! With guidance goals in various aspects of life are explored and kept.

• III – Valuable Resources

Time and Energy are valuable resources, of all parties, i.e. students as well as lecturers → How can these resources be utilised in the best possible way?



- Success*: Thoughts about this word/concept have to be put on the table. What does success mean for the individual? We follow this by defining success from a broader perspective, creating a clearer vision for our students.
- Utilizing Resources*: By now it became clear in which direction each wants to proceed and what success means for the individual. Now it is time to realize own resources and how to utilize them.
- Time & Energy*: Students learn to recognize *Time* and *Energy* to be valuable resources. Now we can self-reflect how to utilize in the best possible way our own time and energy and those of our lecturers for our own study success.
- Investment*: Students will understand that everything is an investment in their future. The more they invest time and energy (in their development) effectively and efficiently, the more they will gain in the future. We reap what we sow! We decide.

• IV – Directing Focus

From this part on, we already reach the environment of personal development, in order to enable holistic health and positive emotions.

- Focus*: Students learn that energy follows focus. Firstly, there is a decision about how I want to live. Secondly, find what needs to be done and, thirdly, direct the focus.
- Contribution*: This is a very valuable focus about what one can contribute. Students learn, that everything else is lost energy.
- How*: Perceiving of own reactions may reveal interesting inner aspects. It is about recognizing own behaviours. In the least number of situations it is really about us.
- Utilization*: The focus is on our own and surrounding resources, about recognizing them and how they can be utilized. Furthermore, one aspect is to be useful yourself for others.
- Standards*: Setting standards for yourself: What are my values? How do I want to be(have)? These thoughts are brought to the table, sorted and manifested.

• V – Health

The final part of this workshop/seminar is about health in the broadest sense. There is a healthy mind in a healthy body.

- Everything affects everything*: The students learn that body, thoughts and feelings are linked together, and that we have the greatest influence on them. We determine the quality of our lives.
- Body*: Students will reflect on what is good for their body (nutrition, ..., exercise) and how they can incorporate this in their daily life.
- Focus*: What we focus on determines our feelings. Students self-reflect on their habits and how these could be adjusted.
- Language*: Our language "visualizes" the meaning we attribute to things/situations. As well here, there will be a self-reflection on habits. Students will learn to listen carefully to themselves.



- *Activation*: Motivation is a result of action. Motivated people strive for their goals, which creates happiness (which contributes to overall health). These scientifically proven aspects will close the event.

The objective of this workshop/seminar is to guide our students through various layers of reflection and enable them to release former patterns of thought, habits and expectations that do not serve them well any more. They will be replaced by what they found to motivate them and their vision. In the second part they acquire skills to implement the new habits they discovered.

Practice is the foundation of my philosophy as a trainer and lecturer. This event contains many parts for self-discovery through self-reflection, which we will in part discuss in smaller groups or with everyone. Guided activities will take place. As well there are parts where I present or use video sequences to stimulate thoughts and convey content.

This event is suitable for a workshop (about 6 to 16 participants) or a seminar (unlimited number of participants). Both is possible. Furthermore, I can perform this event in German or English, preferably in presence (if required as well as an online-event).