

PIASECKA  ŻYLEWICZ

selective training

The Mind / The Body / The Business

Give us your content – we will design a unique development experience for you

Why?

If you are looking for a quality way to spend 2-3 days with you Management Team in a beautiful place; if you want to discuss not only the key business topics, but also to inspire your team to be even more effective at their work, give us your content, and we will design a unique development experience for you.

2

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Contact us!

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+48 22 657 23 65

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How?

We will combine blocks on what current key issues are for your team in respect of business, with blocks on what approach and what kind of thinking favours happiness at work, using your management staff talents well, or team cooperation. These shall be complemented by tips on how to take care of one's body to maintain energy at everyday work.

3

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What?

4

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The Business

When you give us your business content, we can design blocks for our trainers. We give the workshops a unique form which allows each team member to discover why and how to approach new challenges to achieve success. We turn hard data and information into interesting and engaging experiments and tasks related to current trends in given branch. We inspire you with interesting case studies and research, we present results of what is going on around the world and we provide specific information on how to translate these into the everyday work reality of your team.

What?

The Body

We used to treat our bodies as machines or vehicles designed for transporting our minds. The body was not particularly important at work – it was the brain, the headquarters, that mattered. Today we know that our bodies send us as important signals and the mind does. What is more, how fit we are usually significantly affects the quality of intellectual activity,

and, consequently, the quality of work we do. To cater for the body, we run short, thirty minute long “development bits” which can embrace subjects such as: stress management, gaining resilience through work on the level of the body, skilful use of work brakes to regenerate quickly, planning high quality leisure, adequate nutrition that supports high energy needs, physical activity (also during work), work on breathing, yoga at the office, body language and its conscious use in professional life.

5

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What?

The Mind

During your team of directors meetings it is advisable to make sure that the environment supports open-mindedness and generates new perspectives from the very beginning. Whether these are the mountains, the sea, the lakes – we always suggest this be a place that allows for leaving the training room for a while and do things in a totally different

way. Physical activity has tremendous impact on the mind and creativity. We often notice that we have the best conversations during walks, and that we get ingenious ideas while walking or doing 10 kilometre runs. To cater for the mind, we prepare “development bits” based on the recent studies on neurology, biology and psychology. The researchers, having studied the structure and the functioning of our brains, stress that issues such as neurofitness, mindfulness, presence, meditation, mood, happiness and even love have their impact

6

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