

What is Your Juggling Act? Bringing out Your Best in the Midst of Chaos and Uncertainty

21 - 25 September 2017 Athens, Greece

Course description

How can one shift from job (in)security, globalization, crises (personal and professional) to unleash positive change and bring out their best in the midst of chaos and uncertainty? Getting one's life 'in order' requires a juggling act in developing skills and re-thinking time management and priorities. Unleashing positive energy allows us as individuals to better function at home, at work, and enables us to become more active community members.

The course will use principles of wellness, Appreciative Inquiry, emotional intelligence (EQ) and spiritual intelligence, as bases for individual and community change. The intention is to make for healthier individuals, increase productivity at work, and reinforce collective commitment.

Methodology

Appreciative Inquiry is a proven methodology for leading systemic generative change in organizations and communities as it focuses on strategic planning, articulation of vision and values, building alliances, developing and creating community change. Wellness involves techniques of mindfulness in looking at one's overall health picture and areas of potential change, while EQ and spiritual intelligence principles are proven to enhance both relationships and awareness in positive community change.

Designed for

Designed for individuals and groups who have several areas to "juggle" - work, study, family, friends, involvement in community and social activities. Organizations who are interested in team-building activities or individuals who simply want to increase their toolbox and awareness skill-set.

Programme

Day 1 Thursday

- Overall goals of individuals/group
- Self-Assessment of the areas the individual/group (health picture, stress level, areas of priority, our self and community 'chart')
- Overview of Appreciative Inquiry (A.I.) Principles of Understanding and Practicing
- A.I. Process and Affirmative Topics: Learning and Practicing

Day 2 Friday

- Mapping 'Positive Core and Full Potential', Provocative Propositions, Appreciative Interviews
- Reframing 'Problem' into 'Possibility' (change 'uncertainty' into 'opportunity')
- Cultivating a generative approach

Day 3 Saturday

- Building on EQ
- Managing our strong emotions (anger, sadness) more effectively for better health
- Practicing 'Appreciative Conversations'
- Mindfulness Exercises (part 1)

Day 4 Sunday

- Mindfulness Exercises (part 2)
- The role of spiritual intelligence in relationships, workplace, home, community
- Awareness of habits and areas of potential change
- Better management of time and re-thinking priorities
- Caring for self and community -- the benefits of health literacy, building empathy, and spiritual well-being.
- Review and presentation of our self and community charts
- Practical implementation

Day 5 Monday

- Outdoor activity
- Evaluation
- Debriefing and Closing

Instructors

Markos Perrakis holds a Ph.D. in "Leadership Styles and their Efficiency in Organisations" international speaker, psychologist, consultant and trainer of individuals and teams, founder and Managing Director of Fractality (www.fractality.gr) Organisational Development Services and ISO 9001:2008. He specializes in coaching, supervision, human capital development, training and assessment. He is trained in Systemic Consultation, a certified provider of Vocational Guidance and Professional Orientation, of psychometric assessments and coaching tools for teams and individuals in organizational, career and personality issues. He is representative of ANSE (Association of International Institution Supervision in Europe), Scientific partner of EUMU (European Union of Small and Medium Enterprises) in Greece in fields of Strategic planning and Human capital development programmes. Dr. Perrakis is one of the first persons in Greece who applied the methodology of Appreciative Inquiry, which is used in the UN Summit by UN leaders. In contrast to the traditional management approaches that focus on problems, the appreciative approach makes use of the potential of the human capital of organizations.

Barbara K. Kondilis is a counsellor (B.A. Psychology, MSW licensed clinical social worker), trainer, educator, with professional experience in public health (holds a Master of Public Health) and is completing her Ph.D. in Applied Linguistics. She began her professional career working in the mental health field in the mid 1990's with individuals, groups, and families. She has been trained on mindfulness and self-development techniques. She has

worked with both private and public organizations in Greece and in the United States with experience in health education and social marketing, program design and assessment, and quality improvement. Her health-related research interests and presentations have included health literacy, diabetes and chronic diseases, preventing HIV and sexually transmitted diseases, tobacco control, diversity issues, NGO management, and volunteerism. She has counselled and worked with groups on issues related to bullying (including workplace harassment issues), diversity, global citizenship, personal effectiveness, stress management, and financial psychology. She has been teaching at the university level for over 10 years (Assistant Professor) and was the Coordinator of Student Affairs working with students, groups, and academic staff for over six years. She is the Founder of Toastmasters in Greece starting with the HAU Athens Toastmasters club (www.toastmasters.gr). Toastmasters is an international non-profit organization focused on improving public speaking and leadership for members' continuous self-improvement. She has worked with individuals and groups including young adults, professionals and non-professionals on improving their English language skills, career-oriented goals, and overall self-presentation skills. Her community blog is www.healthliteracyweb.com

Date, Time and Place

Duration: 5 days
Dates: 21-25 September 2017
Location: Athens, Greece

Participation Fee

The fee for this course is 670 Euros. More information on these funding criteria can be found on our [International Funded Workshop pages](#).

It includes tuition fee and educational material, certificates of participation, welcome cocktail, group dinner, half day excursion (optional) to idyllic Temple of Poseidon in Cape Sounion (<http://en.wikipedia.org/wiki/Sounion>) in the Attica seaside (or similar excursion).

Accommodation and meals are not included in the above fee, but can be arranged by FRACTALITY at special price/low cost for half or full board, in three or four star hotels in the city center. We can always manage low prices for groups. Ask us about it!

Pre-registration

Every interested organisation in this workshop is invited to submit a [Pre-registration Form](#).

Application deadline

Please note that the application deadline for Erasmus+ funding is the 2nd of February 2017, 12:00 CET.

Contact us

If you have any further questions please contact us at info@fractality.gr or call us at +30210601052.