

LBG Career Center

Syllabus

Event Skills Training “Self Management”
Speaker Ing. Christian Koudela, MA MSc MBA
PM Mag. Mareike Kerschbaum
Time January 29, 2024 / 9:00 am - 5:00 pm
Place LOFFICE, Schottenfeldgasse 85, 1070 Vienna
Language English

Agenda

WHEN	WHAT	HOW
09:00 - 10:30	Check-In (Workshop, Topic) Top 5 Skills to increase your self-management capabilities	Mix of Input, Reflexion, Group Work
10:30 - 10:50	Break	
10:50 - 12:15	My Roles My Goals My Values	Mix of Input, Reflexion, Group Work
12:15 – 13:15	Lunch break	
13:15 - 14:50	Self-Awareness / Emotional Intelligence	Mix of Input, Reflexion, Group Work
14:50 - 15:15	Break	
15:15 - 17:00	Setting Priorities Time Management - Tipps & Tricks Closing	Mix of Input, Reflexion, Group Work

Speaker

Ing. Christian Koudela, MA MSc MBA

Organizational Consultant, Trainer and Lecturer

Core competencies: Global Learning & Knowledge Management

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Profile (extract)

- Since 2016 Smart Organisation, Founder & Consultant
- Since 2013 GfP, Consultant & Trainer
- 2011 - 2015 Frequentis, Head of Global Learning & Knowledge Management
- 2001 - 2010 Frequentis, Technical Project Manager

Further Education

- MBA, Leadership and Communications, Donau-University Krems
- MSc, Management and Communications, Donau-University Krems
- MA, Professional Teaching and Training, Donau-University Krems
- Design Thinking Coach
- LEGO® Serious Play Facilitator
- SAFe® Program Consultant
- TMS Trainer