



University of St.Gallen

Institute of Management and Strategy

Self-Management and Resilience

The Self-Developer – Your path to
personal and professional success

SHORT
PROGRAM



A photograph of a classic wooden steering wheel with a black horn, set against a blurred background of a car's dashboard and controls. The image is framed by a green border.

Overview



Duration

3 days on-campus
3–5 h self-study
2x30 min personal coaching



Language

English



Location

St.Gallen



Cost

CHF 3'900



Credits

2 ECTS points



Dates

Please refer to our website
ifb.unisg.ch



Taking ownership of your mood

Nothing is more in demand today than the principles of agile and empathic management. But effective leadership in the age of globalisation and digitalisation always begins with the effective management of the self. In order to strengthen your skills of self-management and resilience, it is therefore vital to realise how we are all governed by irrational assumptions, automatic thoughts and patterns of behavior. True inspiration and innovation can only happen when we challenge them. In this seminar based on the philosophy of the Self-Developer by behavioral therapist Jens Corsen you will gain insights into ways of transforming your attitude and leaving the victim mentality behind. With the Self-Developer mindset you turn cognitive barriers into training exercises and emotional hurdles into lifechanging experiences on your path to personal and professional success.



Self-Awareness

Confronting your inner critic and overriding your autopilot

The neuroscience behind behavioural change

Developing a strength-orientated mindset



Self-Responsibility & Self-Confidence

How to stop playing the victim card

Viewing life as your coach

Challenging your “hypnotic missions”

Honouring commitments and pursuing goals



Self-Conquest

Desensitising yourself to the outer noise

Winning the inner game

Turning feedback into actionable information

Your Practical Benefits



You learn to challenge your personal truths and recognize the prize you are paying for your mindset.



You gain mental stability to reframe difficult experiences.



You train how to pursue your goals with intrinsic motivation and delve into your full potential.



You improve your relationships with others by developing a strong sense of empathy and composure.

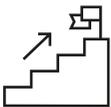


You transform your fears and doubts into fuel for lifelong self-development.

Target Group

This short program is aimed at professionals and executives who want to achieve professional and private success through personal development.

Participant Profile



+ 10 years
work experience



41
average age



+ 15
number of industries



+ 70%
Entry into the squad



“Our greatest freedom is the freedom to choose our attitude.”

Victor Frankl

Highlights

Reflection & Transfer

You reflect your own attitudes, thoughts, beliefs and patterns. Two personal transfer coachings (30 min each) after the module ensure the realization of your personal goals.

Tools

Using different approaches and tools from the concept of Jens Corssen you learn to expand and deepen your skills as well as to develop and strengthen your personality.

Closed framework

Exchange your ideas with other participants in a closed, secure framework on the most important topics around resilience and self-management. We can offer you input and exclusive discussion opportunities with exciting personalities.

Compatible Architecture

This short program will be credited to you for the following program:

– Essentials in General Management CAS HSG

Networking

During the seminar you take part in a joint evening program, providing you an opportunity to get to know your peers. You will also become a member of our alumni network: the exchange of information is fostered within the community through social media and regular events.

Lecturer



Andrew Bannon

Lecturer at the Institute of Management and Strategy (IoMS-HSG), inspirational speaker, communication trainer and coach. Following his bachelor's degree in Economics at the University of Surrey, Andrew worked in the finance and energy sectors in his hometown of London, UK. In 2003 he moved to Munich, Germany, after retraining to become a business communication trainer. Having met Jens Corssen in 2011, he began holding inspirational speeches and workshops on the English version of Jens' widely acclaimed lifework "der Selbst-Entwickler©" (the Self-Developer) in 2013. His work has since helped a large number of employees at international firms implement key elements of self-management into their daily routines. He is currently also doing an MSc in Coaching and Behavioural Change at the Henley Business School.

Gut zu wissen



Confirmation of Participation

You will receive an official confirmation of participation from the University of St.Gallen. Additionally, you will be credited with 2 ECTS points for the seminar.



Registration

You can register at any time via our website ifb.unisg.ch. We would also be happy to advise you by phone or email. The number of participants is limited.



Cancellation

Cancellations up to 90 days before the start of the program are free of charge, between 89 and 60 days in advance 10 % and between 59 and 30 days in advance 50 % of the cost. If cancelled less than 30 days before the start of the program, the total fee will be due. However, we are happy to accept a substitute participant.



Fee

The fee for the short program is CHF 3'900.-, including course materials, catering during breaks, lunch, and one evening program. Cost for travel and overnight accommodation are to be covered by the participant. The course materials are made available electronically via the learning platform.

5 good reasons for your participation


1

Benefit from decades of excellent research and practical relevance in general management at the IoMS-HSG.


2

Acquire first-class practical business know-how based on the latest research results.


3

Receive valuable impulses for your management responsibility in the areas of self-management and resilience.


4

Network with exciting peers and discuss solutions for your specific challenges.


5

Give your career an extra kick with a worldwide recognized executive education from the University of St.Gallen.



REGISTER
NOW
IFB.UNISG.CH

Contact



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Accreditations



From insight to impact.