

Excellence 2014

"A series of highly effective techniques, backed by concrete results, have already convinced many corporate personalities throughout the world" – Informations Entreprise January 1997

# Work real smart - <u>not</u> hard!

 $\mathbf{T}$  his training, conducted by Dan Low, allows individuals or teams in companies to acquire powerful and lasting techniques to maximize their potential – with no stress. They are founded on unique, pragmatic and imagery concepts, easy to understand and assimilate.

## DESCRIPTION

#### Session 1 : Balance personal and professional life

- . Your real objective
- . The concept of "You & Co."
- . Psychological firewall to protect you in any situation

#### Session 2 : Manage time and situations – with no stress

- . Manage your time optimally
- . Dance with reality: in order to face and solve problems and situations

#### Session 3 : Attain your objectives

- . Attain your objectives and get whatever you desire
- . Winner's communications system
- . Manage your day with indispensable conceptual tools
- . Unleash your creativity

## Session 4 : Facing all kinds of situations - and feeling good

- . Identifying problems and providing new ideas
- . Mastering illusions: to solve problems, conflicts, and optimize our relations with others
- . The concept of cohesion: 99/1.

A seminar based on the Advanced Management Training created by Dan Low, international consultant and corporate trainer. Though inspired from the best, proven behavioral and cognitive sciences it also embodies the author's own powerful techniques, accessible and immediately operational.

### THE TRAINERS



an Low lived in New York and Singapore before installing himself in Europe. As international consultant he did research in the 70s and created a series of highly operational tools combining Western and Eastern management strategies. After training CEOs from multinationals he decided to extend his tools to company personnel: also and project management and their teams. Since 1003 he has held more than 500 interactive sessions and airon

managers, engineers, sales and project managers and their teams Since 1993 he has held more than 500 interactive sessions and given 150 conferences in Europe.

Dan taught for several years the techniques of Advanced Management at the French University Paris Nord. He was also coordinator of the Management Group in an international networking association of professionals and alumni of major business schools. His book "The Art of Self-Combat – Maximize Your Potential" was published by Pearson Education in 2002, then republished by Lulu Enterprises Inc. in 2007 under the title: "Maximize your potential with powerful tools ... and no stress".

**References :** Robert Bosch, Total, General Electric, Océ France, Auchan Group, Bertelsmann Group, France Loisirs, French Ministry of Defense, Institut de Gestion Sociale, Deloitte, Alstom, Veolia Environnement, Axa Group, Dimension Data ...

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