

ZRM® Fundamentals Course in Zurich

- Dates:** March 18th – 20th 2013, 9:30 am – 4:30 pm
(Application deadline: February 10, 2013)
- Location:** Zentrum für Weiterbildung der Universität Zürich,
Schaffhauserstrasse 228, 8057 Zürich
- Facilitators:** Dr. Tanya Faude-Koivisto & René Keller
- Fee:** CHF 1'800. –
- Application:** Online application form at www.ismz.ch
Send questions to info@ismz.ch

Workshop Objective

This workshop is for individuals who want to become more competent in setting and achieving their personal and professional goals. Most of us can identify with situations in which we behave differently than we would like to, even though we whole-heartedly have the intention to change. By showing participants how to set their individual goals in alignment with their unconscious motives and personal resources, the ZRM® training will help them eliminate unwanted behavior (and thinking) patterns and will thus enable participants to act according to the way they desire. Participants will walk away with knowing how to customize the ZRM® tools for applying them to their every-day life.

This workshop will be held in English.

ZRM® Overview

Dr. Maja Storch and Dr. Frank Krause developed the Zurich Resource Model (ZRM®) at the University of Zurich in Switzerland over 20 years ago and have been continuously improving and extending it. The ZRM® training method is based on latest findings in neuroscience on human learning and its effectiveness is constantly being verified by scientific studies. The training incorporates cognitive-intellectual aspects, as well as emotional and physiological aspects. This multi-dimensional approach enables participants to individually shape their goals and behavior in a way that the various dimensions of their being support the necessary self-regulatory processes involved in goal achievement. In a joyful yet rigorous way, participants learn how to achieve what they really seek.

High transfer-efficiency is an essential characteristic of the ZRM® training and the approach has been proven outstandingly successful within numerous areas of business, health and social services, as well as with top athletes.

Methodology

The three-day training will engage participants in a variety of exercises, interactive self-management techniques and brief theory inputs, alternating with sections of individual and group work.

Facilitators

Dr. Tanya Faude-Koivisto is an international coach, trainer and organization development consultant. Her work supports individuals and organizations to discover and realize their fullest potential. She holds a doctoral degree in Psychology, faculty positions in international coaching programs and is an experienced family and couple therapist. Tanya's expertise builds on cutting edge research in motivational and goal psychology as Research Associate in the Motivation Lab at New York University.

René Keller holds a Master's Degree in Communications and Psychology and is a certified theatre and film actor (Lee Strasberg Institute, New York). His work as trainer, coach and educator emphasizes the role of identity and interaction, as well as the impact of the unconsciousness on achieving personal and professional goals. René is a certified PSI Competence Consultant and has held various faculty positions.