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"Let your inner sight transform your outer world"

Training Highlights 2016

How fit is your organization?

How well do you fit the market needs with your employees?

Are your staff, employees fit themselves to work effectively and the organization?

Do your employees fit at home and in their personal lives?

Let's get your organization get in shape and get fit in multidimensional level.

Building people is the base for building a healthy and wealthy society. Let me help your organization to build healthy mind set, yet effective performance and building a strong team. Shall that be your institution, faculty, executive team or staff or employees.

Have been helping many organizations to build stronger team, by reducing fear and anxiety and bringing open sharing and helping mind set and a new long term vision. The performance of your team begins with each individual. If they are happy at home in their personal lives they will be performing better in their second home, which is their work.

Let us create the environment and mind set for your team members to deliver their best, by teaching them the essential individual mind set factors, which enables them to be self-managing responsible healthy individuals on every aspect of their lives.

Let us work together for the healthier happier workplace contributing for the new generation.

Dr. Zsu's integrated health approach is a trademarked ALIVE® Education system, which will bring you the necessary experiential learning to achieve all.

Enlightening the Darkness: Awakening Personal Leader Within

(1.15 hr) *

How to look at everyday things in a different light?

- Understanding what you see
- Learning from the changes
- How to look at everyday thing and others in a different light
- **The session brings** understanding on your behavior and delivers tools to pick yourself up, clear up perception, by looking at things objectively and helping you to adjust behavior to reach what you want. This session has helped thousands of people to take the first step to break from self-limitations, refocus and be inspired to sustainable changes leading to towards a compelling healthy future.



The Creator Within Experiential Learning

(1.5 hrs) *

A powerful session realizing, how we create all what happens to us.

Nothing in this world happens, which we deep didn't want to happen. This session bring realization to the Creator within, and helps to ignite the spark of change.

The session empowers you with tools to make the change and create a better now hence better happier healthier future.



How To Build Long Lasting Personal Relationships

(1.5 hrs) *

- Understand relationship in the 21st century.
- How to re-parent yourself and grow up for adult relationships living in harmony.
- How to find balance within your inner self – female and male sides. A must session for those who are before marriage and for those who want to repair existing marriage and make it work.



Eat To Be Alive With Teaching Lunch - 1 Hour Workshop And Teaching Lunch

(1 hr) *

Learn the theory of blood sugar regulating eating for energizing your body and bringing superior focus and have great mood. Learn to combine simple tasty foods and feel the difference in your well-being. Have the practical tools to continue eating this way at home and at the work place. It's an essential tool to keep your immunity strong, focus sharper your studies and healthy body weight for life.



Move And Rest To Be Alive: How To Refresh Your Body And Mind At Work Place – 1 Hour Experiential Learning

(1 hr) *



Learn and practice a simple and easy exercise routine what you can practice at home and at the work place to refresh and strengthen your body. Learn specific breathing exercise for super-fast recovery from fatigue and making up for sleepless nights and kick out of stress and change your mood and sharpen your focus. Essential for students with heavy load of studies.



Goal Setting For Achievable Outcome For Group

(2 hrs) *

Design your dream self and life - The 7 dimensions of goals - Goal setting in practice.

Goal setting is the journey specific exercise to see your life as a big picture.

Will be working on 7 dimensions of your life to achieve balance between Life and work.

Will learn the template 1 specific goal and the complete plan to achieve it. Learn a powerful tool to get anything you want through breaking down big tasks to digestible achievable smaller chunks. Learn the visual image creation for your goal and set it on to an achievable timeline. During this session Mind mapping technique will be used as an extra tool for you to see everything through at a glance and learn to learn more effectively.



The Art Of Non-Reusable Request And Saying No Without Saying The Word No

(2 hrs) *

It's a must to learn tool for those who can't say no then end up in anger and resentment.

An easy communication tool to lead conversation the way where the flow is smooth and the situation end with win-win.



* Investment into training starts from as low as 250USD an hour.