

Overview Exercises per unit and subunit

Unit 1 Creativity in your work			
Exercises		Subunit A Thinking and acting open minded	Subunit B Seeing and seizing opportunities
U1-E1	Looking through a different lens	X	
U1-E2	Practising with feedback	X	
U1-E3	Talking Stick	X	X
U1-E4	Paperclips!	X	X

Unit 2 Adaptability- reacting to change			
Exercises		Subunit A Empowering himself	Subunit B Empowering and inspiring others
U2-E1	Looking into the mirror	X	
U2-E2	Motivate me!	X	X
U2-E3	No barriers	X	
U2-E4	Inspiration!	X	X
U2-E5	Change self assessment	X	
U2-E6	Managing Change styles	X	X

Unit 3 Productivity in your daily work performance				
Exercises		Subunit A Acting efficiently and being persistent	Subunit B Being pro-active	Subunit C Showing discipline and responsibility
U3-E1	Get knotted!	X	X	
U3-E2	Forced Choice			X
U3-E3	Paths of live cards	X	X	X
U3-E4	Decisions, decisions!			X
U3-E5	Plus, minus, interesting	X	X	X
U3-E6	Priorities	X		X
U3-E7	Golden tips	X	X	X
U3-E8	€ 86,400			X