

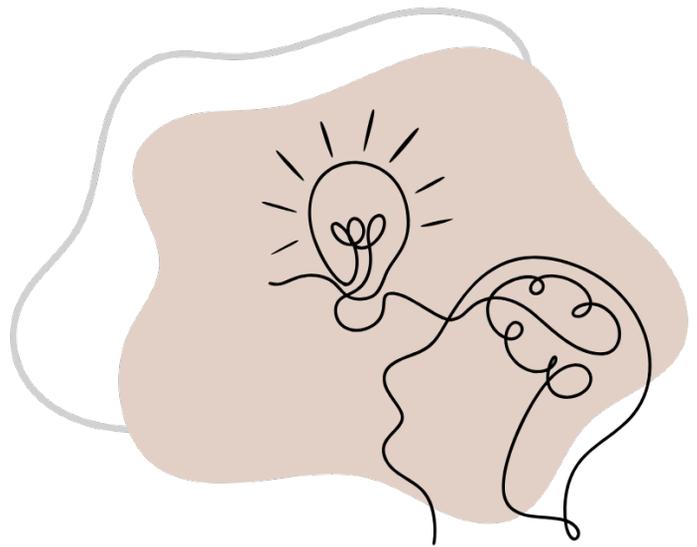
Management Leveraging Yourself

Simply trust your inner learning flow!

'Leveraging Yourself' stands as one of Greece's most established open development programs.

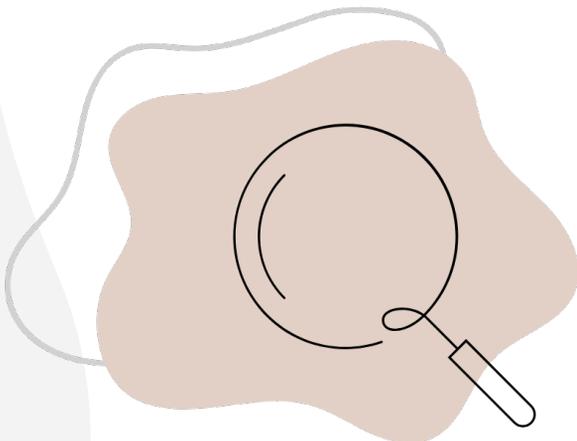
For over 15 consecutive years, it has garnered the trust and appreciation of hundreds of professionals across diverse industries and roles. Whether you are a talented, high-performing professional preparing to step into a management position or a seasoned executive seeking to refresh your leadership profile, this 4-day immersive journey offers a unique blend of self-exploration, behavioral mastery, scientific inquisitiveness, and genuine enjoyment.

'Leveraging Yourself' is, simply put, an all-embracing guide to managerial artistry.



This program delves into the psychological, organizational, and systemic factors that shape employee engagement and intrinsic motivation. By highlighting the multifaceted roles of today's empathetic leader, each module explores the evolving responsibilities of a manager, including:

- an **Impactful Communicator**
- a **Performance Coach**
- a **Change Agent**
- a **Team Player & Negotiator**



“How we feel about ourselves, the joy we get from living, ultimately depend directly on how the mind filters and interprets everyday experiences” by **Mihaly Csikszentmihalyi - Flow: The Psychology of Optimal Experience**



1 Group



4 Classroom
Trainings



Deployed in 2
months



Greek
Language

Day 1– Manager as a Communicator

- The fundamentals of inter-personal communication & influencing
- When the manager needs to question his certainties to elicit engagement
- Change nimbleness: how to manage ourselves & the emotional reactions of others

Day 2 – Manager as a Coach

- Personalised motivation & empowerment: adapting to the varying levels of maturity of each individual or team
- Delegating concrete & realistic performance goals
- Presenting a project, initiative, or idea to a group or virtual team
- Mastering high-impact probing & listening qualities to accurately trace other’s sources of motivation
- Core tenets of our coaching role & mentality
- Performance Dialogues & empowering feedback
- Driving our employee’s excellence, by identifying strong points & improvement axes
- Verbal communication: perfecting different behaviors & tools

Day 3– Manager as an Agent of Change

- Being flexible under pressure by mastering limbic reactions & implicit aggression
- How to respond effectively to the emotional side of relationships
- Announcing a challenging decision, whilst encouraging commitment to future action

Day 4– Manager as a Team Player

- The realignment session: understanding the intention, intervening at the deviation by involving the person actively
- Escalating...to perform
- Personal Negotiation: how to ‘sell’ your ideas internally and capitalize on other’s argumentation
- Praise & project monitoring: a process of consideration as well as mutual respect and gratitude

Your benefits to attend an open FLOW program

The focus: defining the next level of individual performance by fostering mutual exchange & support from other participants

Benefits for each participant:

A program that aligns expectations and raises the bar for the whole team by integrating knowledge & experience

- Stimulating personal exposure & vulnerability in a ‘safe’, peer-to-peer learning environment away from distractions
- Designing an upward development spiral with the possibility to expand on other topics and levels of understanding

Benefits for the company:

- Flexibly cope with the development needs of individuals or small groups as they arise
 - Expose training participants to colleagues from other organisations
 - Test Krauthammer methodology & long-lasting impact
- Start building an in-house development apparatus or learning academy



Our Dates:

Day 1	Thursday, April 23, 2026	09:00 – 17:00
Day 2	Friday, May 8, 2026	09:00 – 17:00
Day 3	Thursday, May 21, 2026	09:00 – 17:00
Day 4	Tuesday, June 9, 2026	09:00 – 17:00

Our Venue:

New Hotel Athens Filellinon 16, Athina 105 57

Our Coach:

Sini Dialisma [linkedin.com/in/sinidialisma](https://www.linkedin.com/in/sinidialisma)

Management – Leveraging Yourself

First Name

Last Name

Job Title

Organization

Address

Town / Country

Zip Code

Phone Number

Email

LinkedIn Profile
URL (optional)

Investment: € 2.000-per person, excl. VAT

Register and deposit 50% of the total cost in advance and 50% upon programme completion

Date: _____

Signature &
Stamp

Please return your registration form to: rmavrelou@theflow.gr

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