

# Energy Return





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## Intention

High professional demands, constant availability and many activities in the private sphere determine everyday life for many people.

This leads to feelings of being driven, inner restlessness and lack of drive. The pressure increases and the ability to fully realize your own potential, to be creative and energetic, continues to decrease.

The ability to relax the body and mind in a focused manner is an important instrument for balancing stress and sustaining vitality, health and joie de vivre.

There is usually not enough time for long relaxation exercises, and suitable surroundings in everyday working life are lacking. With increased awareness and current know-how, however, shorter breaks can be used to recharge your batteries.

## Goal

- You will be made aware of the areas in which you are currently expecting stress.
- To know the advantages of various relaxation techniques and also learn about them in practical exercises. This way you can explore which methods are best suited for you personally.
- On the one hand, you can use this to minimize unrest and internal pressure in stressful situations, but on the other hand you can also lower your general stress level.

**Target group:** all



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## Digital Camp



Protect your performance and counter burnout and the acceleration spiral with effective techniques of deep relaxation and mental training!

- Taking stock of satisfaction with various aspects of life benefits and affects physical and mental relaxation
- Latest research results from stress research /ultradian rhythms
- Creative break management
- Mental stress relief techniques
- Mindfulness Training (MBSR)
- Emergency help against stress (emergency kit)
- Relaxation techniques in practice (breathing tension, yoga, progressive muscle relaxation, meditation, etc.)

### Duration & Format:

2 modules à 3 hours Digital Camp or  
1 day interactive presence training

**CHINESE PROVERB**

**The light of the  
stars is only  
reflected in a  
calm pond.**

**HEALTH  
&  
FOCUS**

# Contact



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