Webinar – As a hostage at your home-office (1½ hours) - MBK A/S

Have your everyday life been turned upside down?
Do you have trouble concentrating and find it difficult to structure and plan the tasks for the day?
And just as difficult to let go and relax and take time off?

Participants:

The webinar is for you who feel isolated working at home during the Corona crisis and need to acquire more coping tools to deal with this unfamiliar situation and keep up your productivity.

Outcome:

The purpose is for the participants to:

- Learn how to deal with isolation, loss of control, and negative thoughts.
- Get an understanding of what happens in body and mind in the present situation, and how you can deal with it and help your colleagues do the same.
- Learn how to create motivation and productivity in an unusual situation.

Content:

- Human beings under pressure
- The characteristics of the hostage survivor
- A tools box with survival tools
- Personal development in crisis and isolation

Form:

The webinar is live, in real time. You log on to the webinar and listen to the presentation. You will be encouraged to participate actively: You can ask questions and share ideas in the chat, and there will be practical exercises.

About Mikkel Mojo Møller Johansen

For more than a decade, Mikkel has trained soldiers, journalists, and NGO-workers in hostage survival and has interviewed former hostages and others who have been hostages or in similar situations.

Duration:

1½ hour

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Pris og praktisk

Price:
10.000DKK excl. VAT. per (internal) webinar – regardless of number of particpants.

Form:
The webinars are not boring videos or traditional e-learning, but interactive **live webinars in real time**.
The technique is simple – no special program or technical skill is required.
The webinar takes places on the platform Zoom.
The teacher sends an invitation with a link 5 minutes before the webinar begins, which the participants log on to.
Participants can choose to turn the camera off, if they do not want the other participants to see them.
They can ask questions in the chat that only the teacher or one of the other participants can see – or the whole group. They can ask questions and share ideas in the chat or directly in the webinar, and there will be practical exercises.
The participants will get most out of the webinar if participate actively and relate the exercises to their own everyday lives.

Duration:
1½ hour

Number of participants:
Maximum of 20 participants

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Fra https://www.mbk.dk/kursus/webinar-internal-working-from-home/