

Training

Workshop

Becoming your own Master – the art of self-efficacy

Workshop by **FRANCESCA CARLIN, Berlin**

Date: **Saturday, 15.04.2023 (9:00 – 16:30)**
including lunch break and short coffee breaks

Location: Faculty of Engineering, 79110 Freiburg,
Georges-Köhler-Allee, building 80, seminar room

Registration: <https://nuudel.digitalcourage.de/QufweawrPfKOEwXe>
please SAVE THE DATE and register

Becoming your own Master – the art of self-efficacy

Context /Approach:

Self-efficacy seems like it would only be about a set of tools to help us become more effective in our personal and professional lives, but self-efficacy goes beyond that. During this one-day workshop we'll take a look at the sources of self-efficacy which lie within our beliefs and how we view ourselves, others and the world around us. In addition, we'll address how to deal with the obstacles that most often stand in our way. We'll explore ways to become our master by building the components of self-efficacy we need in order to feel good, motivated, energized and effective.

Learning Outcomes

After the workshop participants will:

- Learn about the components of self-efficacy.
- Be able to create the environment and conditions needed to be motivated and productive.
- Learn techniques to cope with obstacles and challenges.
- Train to set value-based goals.

Covered Topics:

- The four components of self-efficacy
- Common obstacles to being effective and productive
- Alignment of values and goals
- Training for self-efficacy
- Growth Mindset



FRANCESCA CARLIN is an American communication trainer and personal coach. For over a decade she has helped professionals improve their public speaking, develop their presence, and apply the practice of mindful communication. She has worked in Russia and the U.S. and is currently working in Germany, Austria, and Switzerland.

Francesca is a trained actress and studied theatre at Boston and Harvard University. Over the years she has found that using acting techniques and exercises helps people to overcome personal barriers and to become more effective communicators. With her background in the performing arts, she has created a unique approach to her workshops and trainings, in which she incorporates and implements the best practices from both the world of communication skills development and theater.

<https://www.francescacarlin.com>