

Training

Career Workshop

How to build authentic self-confidence and trust yourself more

Workshop by ERIKA MAGYAROSI, Tübingen

Date: Saturday, **15.10.2022 9:00 – 17:00** (in English)

Location: University of Freiburg, Faculty of Engineering,
Georges-Köhler-Allee 078, 79110 Freiburg
seminar room

Registration: <https://terminplaner4.dfn.de/xvIDqt6w5nMy56yG>

How to build authentic self confidence and trust yourself more

It is very easy to say: “You should have more self-confidence!”, especially when you know, how much you don’t know, or you are surrounded by many talented people, that seem to have it all: high level of knowledge, the ability to present themselves like heroes, the courage to engage in challenging projects and also seem to reach every goal they set.

This workshop is not about reaching goals, or gaining deep knowledge, so that hopefully one day you will be self-confident. I want to show you ways to reach the level of confidence which brings you joy in trying out new things, taking some intelligent risks and be able to be resilient, when things don’t turn out the way you planned.

Our trainer ERIKA MAGYAROSI is certain about the huge potential we all carry inside and knows that we miss out on opportunities, because we often don’t trust our resources. So, let’s see what you would do, start, improve, if you knew, you are enough, or that you can learn the things you need to apply and no catastrophes happen, should things turn around differently as expected.



Dipl. -Phil. ERIKA MAGYAROSI M.A., born in 1980, studied Sociology and Philosophy at the University of Tübingen and at the University Babes-Bolyai in Romania. She works since 2009 as a trainer and lecturer not just for several universities, boroughs, cities and further public institutions, but also in the fields of business-economy and politics. Her main topics are: Time-, Stress- and Project – Management, Memorizing Techniques, Speed Reading, Rhetoric, Scientific Presentations, Communication and Intercultural Competence. Before her career as a lecturer and trainer she worked as a PR Referent and as a translator and gathered professional experience in the field of project management. Since September 2016 Erika Magyarosi has been also the head of the Summer Academy of “Talent im Land” at the Salem International College (event supported by the Robert Bosch Stiftung, Baden-Württemberg Foundation and the Bavarian Ministry of Culture). www.wissenspuls.de