

UNDERSTAND MISUNDERSTANDING

- with Thomas Dybro, the 20th of June

Thomas Dybro will teach you about mentalization which enhances your self-awareness and ability to empathise. Mentalization is your capability to interact with other people with empathy and tolerance while still being able to understand your own needs, thought patterns and deeper motivation. This method will open up for clearer and more effective communication.

Improved mentalization in the work place will provide:

- Increased empathy and responsiveness
- Dialogue on equal terms
- Higher sense of mutual understanding
- Heightened inter-collegial trust
- Less misunderstanding
- More tolerance
- Targeted conflict management



Thomas will assure that you leave the presentation with:

- Exact knowledge and motivation for development
- Tangible tools that will work in your everyday life
- Inspiration for a positive transformation of your choice

Thomas Dybro is an author, a public speaker, executes team transformation events and workshops. He works with marginalised youngsters. Thomas teaches how to survive a hostage situation in the Danish Army. He facilitates camps for teenagers that are focusing on personal growth and social skills.

Thomas survived a mountaineering accident in 2012 where 25 mountain climbers were hit by an avalanche. 9 people did not make it home that day and it became a life changing and epoch-making experience for Thomas. It gave him a *kick and a drive* to spread his message: *Live authentically*.

Thomas' talks are committed and based on personal stories, metaphors and easily recognizable daily grind stories. The tools originate from literature on mentalization, emotional intelligence and positive psychology.

For more information, references and free inspiration check out www.thomasdybro.dk