

# SOFT SKILLS WEEK

EPFL, Lausanne

## WORKSHOPS

Feb. 5-6, 2018 (11:00 - 17:00) Room: BCH5310

### **Assertiveness: the key to open and efficient communication**

- Deal efficiently with difficult conversations and miscommunications
- Set healthy boundaries
- Enhance your active listening skills

Feb. 8-9, 2018 (11:00 - 17:00) Room: BCH3118

### **Mastering your time: less stress, more energy!**

- Schedule effectively and set the right priorities
- Distinguish between urgent and important
- Change your self-sabotage strategies



by **Dimitra KARATOLOU**

Executive, Career & Life Coach  
HR Consultant

12-hour (2 days) interactive workshops with theory, case studies, self-tests and role plays

Register on  
[www.nccr-chembio.ch](http://www.nccr-chembio.ch)

Deadline: January 15, 2018  
**Limited number of seats!**