



ETAS St. Gallen:

Teacher Workshop with Franziska Elsaesser

MAGIC WORDS

De-stressing stressful words - getting **unstuck within minutes**
Enhancing resourceful words - getting into a **resourceful state within minutes**

The power of words: merely speaking, thinking or hearing certain words can trigger reactions and feelings, sometimes they are welcome, sometimes less so. MAGIC WORDS helps you use this power positively. Starting point: our brain.

Words are not abstract concepts in our minds but imaginations and pictures we can change by a number of specific means. The MAGIC WORDS method is both simple as well as extremely effective and can be applied to many areas: anxieties and worries, neutralise stressful emotions and generate positive ones, enhance confidence and personal resources, dealing easily with others, communicating successfully, etc.

Franziska Elsaesser has been teaching English and Italian to adults as well as children for many years. During this time she's been a keen learner herself and has added a number of certificates to her experience (CAS ZRM trainer, licensed NLP trainer, wingwave Coach, CAS Counselling and MAGIC WORDS trainer). She is head of languages at the Bildungszentrum für Bau und Mode, Kreuzlingen. What she finds particularly exciting is the fact that language, learning and taking action are so closely linked and how we can make use of this phenomenon.

- Date:** Saturday, 25th February 2012
- Time:** 08.30 – 12.00 h
incl. tea/coffee break – kindly sponsored by Cambridge ESOL SG GmbH
- Venue:** at Cambridge ESOL SG GmbH, Oberstrasse 222, 9014 St. Gallen
- Presenter:** Franziska Elsaesser
- Fee:** CHF 65.- (ETAS Members and non-members), to be paid at the door
Early bird (ETAS Members only) Fr. 55.- (payment deadline 6th January, please ask for account details)
Minimum number of participants by registration deadline: 14
- Registration:** Please register via e-mail to: st.gallen@e-tas.ch

Registration deadline: 21st January 2012