

Summer webinars for managers



HANDLING DIFFICULT CONVERSATION

Date: 8 September 2026
Hours: 10:00 am - 11:00 am CET
Language: English
Speaker: Elżbieta Cwynar-Budzińska

- / How to deal with differences of opinion and strong emotions, especially in alternative connections
- / How to talk about poor performance at work or unacceptable behavior
- / How to confront each other without destroying the relationship
- / What is feedback and feedforward

CRITICAL THINKING - A SKILL FOR THE FUTURE

Date: 8 September 2026
Hours: 12:00 am - 13:30 pm CET
Language: English
Speaker: Klaudia Fryc-Mallick

- / Psychology of Critical Thinking:
 - Do we naturally think logically?
 - How do judgment and decision-making work, and why is critical thinking essential?
- / Thinking Errors & Cognitive Traps:
 - Common biases and mental traps in judgment and decisions.
- / Decision-Making
 - How to use the T-A-S framework to make better decisions in business and everyday life.
- / Critical Questions
 - How to challenge and test your own beliefs and the views of others through effective questioning.

CHANGE FATIGUE IS REAL: HOW LEADERS KEEP THEMSELVES AND PEOPLE ENGAGED

Date: 10 September 2026
Hours: 10:00 am - 11:00 am CET
Language: English
Speaker: Agnieszka Piotrowska-Kowalska

- / Understanding human reactions to change and building personal adaptability as a leadership capability
- / Translating change into clear direction and engagement for teams in uncertain environments
- / Leading through uncertainty related to AI and transformation
 - reducing fear, building trust, and maintaining engagement

WINDOW OF TOLERANCE. HOW TO BUILD STRESS RESILIENCE.

Date: 11 September 2026
Hours: 10:00 am - 11:00 am CET
Language: English
Speaker: Magdalena Jelonkiewicz-Baldys

- / Understanding your stress response:
 - The Window of Tolerance: recognizing anxiety, overwhelm, numbness, and fatigue
 - Triggers and expectations: why everyday situations can push us out of balance
- / Building emotional resilience:
 - Nervous system regulation: body scan, breathing techniques, and tapping in practice
 - Expanding your resilience window: tips and tools to stay grounded