

## Module 5 “Self-development in a Digital Economy”

Supervisor	Sabine Conow
Inputs	Chris Taylor
Learning path	Workload: 6 ECTS / 180 hours Attendance: 64 hours (8 dates) in 10 weeks
Recommended semester	2nd semester
Exam / grading	Presentation / Moderation Written Reflexion

### Contents

Personal Reflection: what values guide me, what influence do I want to have in the world, how do I become an effective change maker?

Effective Business Presentations: dealing with nervousness, voice, body language, audience, structure and structure of presentations

Conflict Management: various models according to Schulz von Thun (4 pages, internal team), Rosenberg (active listening, non-violent communication), Widmer (onion model), Glasl (conflict escalation), Blake/Mouton (conflict styles), simulation of conflict resolution talks, among others

Facilitating Work/Projects Groups: Moderator and moderation, techniques and posture, simulation of workshop moderation

Reflections in Project Groups: regular reflection on the project work in small groups for objective quality and cooperation as a team

### Learning contents

Upon completion of the module, the students have:

Personal Reflection: main drivers, values and skills identified, discussed and reflected on

Effective Business Presentations: learnt to deal with nervousness, establish contact with the audience, keep themselves under control, build up presentations in a target and target group-oriented manner, deal with critical questions

Conflict Management: understanding the causes of disturbed communication, a good understanding of general conflict dynamics, an awareness of one’s own as well as the interests, wishes and needs of the other conflict party, an attitude and a style of communication that have a de-escalating effect.

Facilitating Work/Projects Groups: the ability to prepare a workshop in a goal-oriented way, to lead a working group to results, to select and effectively use the knowledge, different moderation techniques and tools

Reflections in Project Groups: the ability to reflect and optimize their professional, methodological and interpersonal work