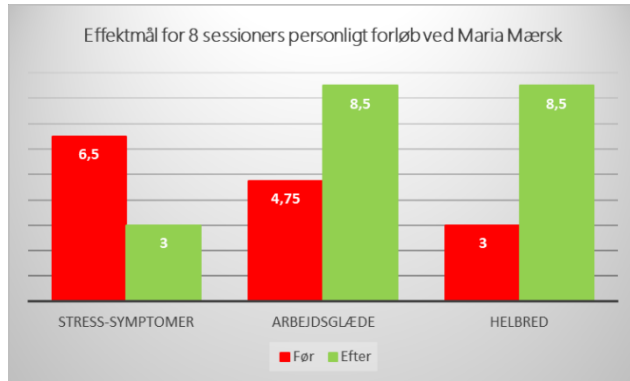
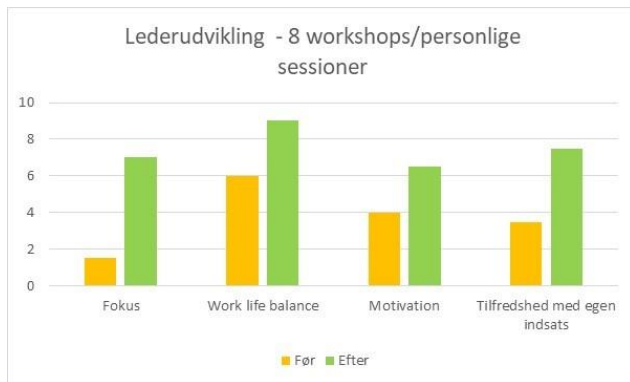


Self-management is the competence of having your thoughts, emotions and behavior working towards and not against your own goals. You yourself become a part of the solution instead of being a part of the challenge.

The effect of practicing self-management



The effect on stress-symptoms, wellbeing at work and health before and after an 8-week personal course at Maria Mærsk.



The effect on the ability to focus, work-life balance, motivation, and satisfaction with own performance, before and after an 8-week team course at Maria Mærsk.

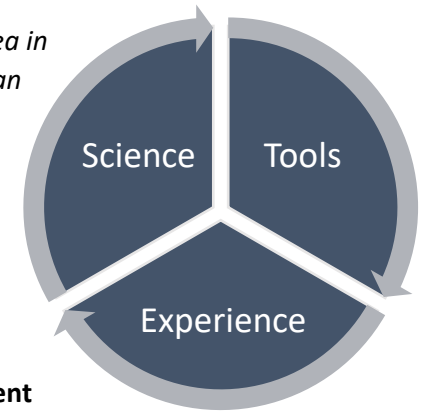
All courses include introduction to *mindfulness meditation* as a tool for self-management, and control of emotions and behavior.

Courses include sharing of the science of the mind, storytelling, reflections, good laughs with your fellow participants and practical training of the tools.

The proces

" At this moment it might only exist as an idea in your mind, but with practice it will become an experience, a new kind of mental wellbeing, a change of a personality, that might have become to tight and rigid to support you in achieving your own goals in life."

Maria Mærsk



Physiological background of self-management

When we are under pressure, it affects the way our mind functions. Our actions become more impulsive and driven by our reptile brain's response of fight or flight.

Our ability to see the big picture and process the long-term consequences of our choices becomes clouded. And so, does our ability to think in possibilities and to be creative.

In the course you are given tools to oppose these reactions, so you can be in the eye of the storm with mental clarity and calmness to support your decisions.



Maria Mærsk Coaching is established 2017, by M.D., PhD, mindfulness master coach Maria Mærsk at Navitas, Aarhus, Denmark.

A high professional level and an experienced speaker are characteristic for our courses.

Prices: Speak: 8.500 Dkr. Personal course (8 sessions): 15.000 Dkr. Workshops: 22.000 Dkr (2 x 4 hours; for up to 15 participants). Prices are ex. VAT.



Maria Mærsk

*M.D. | PhD | corporate
mindfulness*



"I have become a better leader, and I experience the changes in my private life as well"

Teamleader, Northern Jutland

" Maria's course has been an important part for me to avoid becoming sick from stress"

CFO, Eastern Jutland

" I have obtained a lot of new tools to be able to look at my life in a positive way despite the hardship, I am going through at the moment."

Participant, Job BootCamp 2020, The city of Aarhus

Maria Mærsk Coaching

Inge Lehmanns Gade 10

8000 Aarhus C

*21775774 * mail@mariaaesk.dk* www.mariaaesk.dk*