

Course title	<i>Future Leadership 4.0 – Mental Fitness</i>
Course code	<i>S 0332</i>
Module coordinator	<i>Miriam Heinrich</i>
Lecturer	<i>Peter H. Buchenau</i>
Level of course	<i>Bachelor/Master</i>
Recommended prerequisites	
Type of course	<i>Lecture</i>
Weekly lecture hours (SWS)	<i>2</i>
ECTS credits	<i>2</i>
Workload	<i>In total 60h, 30h course attendance, 30h self-study</i>
Assessment (grading; pass/fail)	<i>not graded</i>
Regular cycle	<i>Each semester</i>
Language of instruction	<i>English</i>
Contents:	<i>Digitalisation and globalization will change leadership. Additional, Kondratieffs wave model describes the aspect of health will be one of the most significant success factors in future leadership. In the meantime the W.H.O. has declared that stress is the greatest health hazard of the 21st century. The working world, its performance as well as health and well-being of workers are increasingly threatened by the consequences of stress. Employees suffer more and more under pressure and additional workloads. In a time of acceleration, in an ever-shorter time where more and more is to be achieved, someone is day by day depended on one's own performance. Only those who maintain their physical and psychological health and learn to deal with stress remain permanently fit for work and success. In this special seminar the participants learn future success factors of leading, how stress develops, immediate measures against it and what each individual can prevent against stress and burnout - on the one hand private for themselves and on the other hand in preparation for the professional life for cost reduction and increase in productivity of the company.</i>
Learning outcome (competencies):	
Teaching methods	<input type="checkbox"/> Lecture <input checked="" type="checkbox"/> Group work <input checked="" type="checkbox"/> Exercises <input type="checkbox"/> Simulation <input type="checkbox"/> Video feedback <input type="checkbox"/> Others:
Assessment methods	<i>Project work</i>
Recommended reading	
Additional information	
Recognition of credits	