

PROJECT LIFE MANAGEMENT (PLM)

EFOP-5.2.2-17-2017-00018

REPORT ON THE THIRD WORKSHOP

28.05.2018

VIENNA

On 28. May, 2018, the executives visited the Vienna centre of the Austrian partner organisation, where they met the SIETAR Austria team as part of a workshop. The meeting was visited by local lifestyle management coaches, who joined discussion on the opportunities of employing project management tools in private life throughout Austria, and the local particulars of work and private life balance.

The lifestyle management coaches – Irene Mitterbacher, Alexandra Piringer, Marion Gruber-Hörmann – stated that lifestyle management consulting in recent decades grew to be a notable service industry thanks to the ever-accelerating lifestyle of modern people.



People mainly consider consulting as a sort of mental development, refreshment, which helps them both in workplace and private life goals. Consultants stated that there's no specifically important target group that is the focus of the service in particular, clients come from all walks of life. The most problematic areas where the clients ask for the

help of consultants seems to be time management, practice of leadership roles, and work-life harmony and balance conditions. The role of consultants during the service is to lead their clients towards reaching their personal goals, and help them understand what sorts of methods and tools they can use in order to reach these set goals on their own. They need to follow through the road towards success without any outside help, the consultants only offer them a crutch so that their travel is as efficient and successful as possible.

According to the Austrian consultants, the most notable problem in their homeland, based on their clientele is that there are no forums, information platforms where people can be taught

how they should be more self-reliant, to be more flexible when dealing with any area of their private lives.

WORKSHOP PROGRAM:

28. May, 2018

TIME & PLACE	PROGRAM
Gasthaus Buchecker & Sohn, 8. Leibenfrosgasse, Vienna, zip 1040, between 12:00 and 13:00	A lunch and professional discussion held with the representatives of the Austrian partner organisation, and Hungarian executives
Room B2 4 of 63. Wiedner-Hauptstraße, Vienna, zip 1045, between 13:00 and 15:00	During the Vienna workshop, Austrian lifestyle management coaches – Irene Mitterbacher, Alexandra Piringer, Marion Gruber-Hörmann – shared their experiences with Hungarian executives at Lifecoaches Life counselling

Photo documentation:

<http://www.projectlifemanagement.eu/galeria/>

Related blog posts:

<http://www.projectlifemanagement.eu/en/for-processes-can-be-developed-its-never-too-late/>

<http://www.projectlifemanagement.eu/en/what-role-does-the-dreaming-play-in-our-lives/>

<http://www.projectlifemanagement.eu/en/how-do-dreams-become-goals/>

<http://www.projectlifemanagement.eu/en/awareness-in-managing-ourselves/>

<http://www.projectlifemanagement.eu/en/balanced-lifestyle-healthy-body-healthy-mind/>

<http://www.projectlifemanagement.eu/en/getting-over-failures-with-a-positive-outlook/>