



INTERNATIONAL SUMMER ACADEMY

STRATEGIES FOR PERSONAL AND PROFESSIONAL SUCCESS

Erasmus+ Blended Intensive Programme

Višja strokovna šola za kozmetiko in velnes / Higher Vocational College for Cosmetics and Wellness Ljubljana

(online Zoom session on 26. 6. 2025 and in person 30. 6 – 4. 7. 2025)

CONTENT	METHODOLOGY	DURATION
ONLINE Introduction (Zoom)	<ul style="list-style-type: none"> Interactive workshop 	3 hours (PM)
DAY 1: <ul style="list-style-type: none"> Strategies for effective communication and motivation Thinking and communicating styles 	<ul style="list-style-type: none"> Interactive workshop (experiential learning) Working on real life situations (problem-based project oriented learning) 	1 day = 3 hours (AM) + 2.5 hours (PM)
DAY 2: <ul style="list-style-type: none"> Strategies for effective goal setting SMART goals Chunking 	<ul style="list-style-type: none"> Interactive workshop (experiential learning) Working on real life situations (problem-based project oriented learning) Group coaching for action plans 	1 day = 3 hours (AM) + 2.5 hours (PM)
DAY 3: <ul style="list-style-type: none"> Strategies for effective systems thinking Features of systems thinking 	<ul style="list-style-type: none"> Interactive workshop (experiential learning) Working on real life situations (problem-based project oriented learning) Group coaching for action plans 	1 day = 3 hours (AM) + 2.5 hours (PM)

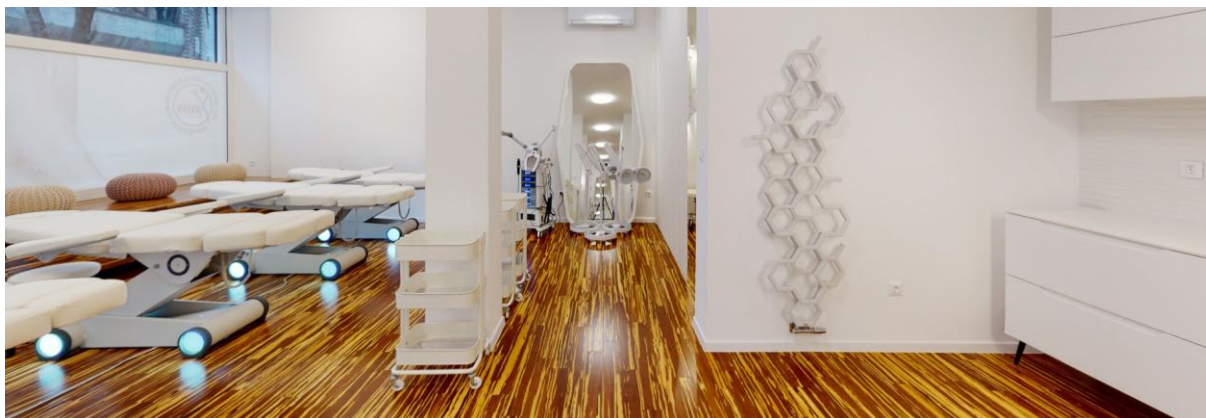
DAY 4: <ul style="list-style-type: none"> Strategies for effective self-management Managing states Flow 	<ul style="list-style-type: none"> Interactive workshop (experiential learning) Working on real life situations (problem-based project oriented learning) Group coaching for action plans 	1 day = 3 hours (AM) + 2.5 hours (PM)
DAY 5: <ul style="list-style-type: none"> Synthesis of all strategies Presentations of action plans for real-life situations 	<ul style="list-style-type: none"> Interactive workshop (experiential learning) Working on real life situations (problem-based project oriented learning) Group coaching for action plans 	1 day = 3 hours (AM) + 2.5 hours (PM)

An in person section of the programme includes short excursions, working in the nature, interviewing leaders of successful projects, individuals who achieved personal and/or professional success and other non-traditional elements contributing to experiential learning. We will explore Ljubljana and have fun as well: welcome drink, be a customer of Higher Vocational College for Cosmetics and Wellness, forest wellness, farewell dinner.

Any question about the programme? Let us know: info@vskv.si or karmen@vskv.si

[Explore VSŠKV in 3D](#)





“I do not think there is any other quality so essential to success of any kind as the quality of perseverance. It overcomes almost everything, even nature.”

John D. Rockefeller