

## *PRESS RELEASE*

### **EHMA FOCUSES ON MIND HEALTH AND SELF-AWARENESS AS A MANAGEMENT TOOL**

**EHMA's - European Hotel Managers Association - Executive Committee organises for its members three webinars to acquaint themselves with such an important topic for leadership**



*The link between management skills and self-awareness is an exciting development in psychology that affects all sectors including hospitality. During the evolution of the human brain, our cortex has grown to be able to learn, interpret situations and generate memories. A truly remarkable new type of self-awareness has developed called metacognition. The term 'metacognition' refers to the knowledge of one's own cognitive processes and the ability to act on them with awareness. For managers, metacognitive ability is directly linked to the ability to creatively solve problems, to decision-making processes, to critical thinking and thus ultimately to their performance in the company.*

"During our recent Annual General Meeting in Lisbon, member and colleague **Marco Truffelli**, hotelier and psychologist, emphasised **the importance of Mind Health and Self-Awareness practices**" explains **Panos Almyrantis**, **EHMA President, National Delegate Greece & Cyprus and General Manager of the Grand Hyatt Athens**. "His presentation made me realise how **Self-Awareness and more specifically Metacognition** is the ability to identify and understand our thoughts, feelings, behaviours and actions, to take responsibility for our mistakes and to recognise how we affect the world and those around us."

As this is a topic of particular interest to everyone, the association's Executive committee together with Marco Truffelli decided to **organise webinars** to show EHMA members and their teams how to use neuroscience and psychology **to develop and practise self-awareness in order to make one's leadership more effective** in a sustainable and consistent manner. People with higher **metacognitive sensitivity** make **better predictions in the presence of uncertainty**.

**Marco Truffelli has therefore offered to conduct three webinars together with psychologist Dr. Jan Ferris** in the coming months, the first of which will take place on Wednesday 24 May 2023.

An added value for all EHMA General Managers considering that the development of self-awareness is an ongoing process.

#### **About EHMA**

EHMA - European Hotel Managers Association was **founded in Rome in 1974 by prominent Hotel General Managers** of undisputed professional ethics with the aim of maintaining and enhancing the image of the hotel industry. It is composed of high-level hotel general managers who envision to be

the preferred Association of Hotel Managers, **representing the most prestigious and unique hotels in Europe**. Supporting an inclusive and stimulating networking environment, sharing experiences, insights and support, and effectively communicating within the hotel industry, with integrity, loyalty and trust encompass the **Association's core values**. The Association today has approx. **400 members representing 23 European countries** of which approximately 350 are General Managers of luxury hotels. In figures, this represents about **350 hotels, 85,000 rooms and 65,000 employees**.

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