

Personal effectiveness

- » Coping with change
- » Resilience
- » Growth mindset
- » Time and task management
- » Effectiveness and prioritization
- » Self-awareness
- » Head up
- » Inner motivation
- » Stress management
- » Work-life balance
- » Emotional intelligence
- » Mindfulness
- » Saboters in our heads
- » Mind – our strong tool
- » Creative and innovative thinking
- » Work-life balance program
- » Critical thinking
- » Mind maps
- » Agile / Waterfall Project management

Talent and succession programs

- » Talent programs based on business projects
- » Inspirational talent programs
- » Development skills of talents
- » Successor development

Communication skills

- » Conscious and effective communication
- » Assertive communication
- » Interpersonal relationships
- » Conflict resolution
- » Intercultural communication
- » Forbidden rhetoric - defense against manipulation

Presentation skills

- » Professional presentations
- » Attractive online presentation
- » Visualisation, graphic recording, sketchnoting
- » Storytelling
- » TEDx presentations
- » Facilitation skills

Train the Trainers

- » Internal Trainers academy
- » Development of internal trainers in the online delivery
 - » Online formats, platforms, interactivity tools
 - » ZOOM and MS Teams
 - » Training preparation and design - "before" and "after"
 - » Presentation, facilitation, dynamics and interactions

Interesting programs for supporting functions

- » Stakeholder management
- » Effective Communication with an Internal Customer
- » Building Partnership with an Internal Customer
- » Behavioral interviews
- » Selling skills for HR
- » Handling difficult situations in assertive way
- » Development with measurable impact according to Kirkpatrick (for HR)



Inspirative talks

Inspirative topics and motivational speakers



Expresso trainings

Short intensive trainings focused on specific competence.

Developing sales and business

- » Complex academy for sales teams
- » Key Account Managers academy
- » Sales skills and the consultative sales process
- » Sales-force gym
- » Using typologies in sales
- » Hunting - acquisition sales
- » Cold calling and Telesales
- » Sales Presentation and Story selling
- » Finance for non-financials
- » Mind setting for sales people
- » Networking

Negotiation

- » Fundamental and advanced negotiation
- » Using typologies in negotiation
- » Influencing and persuasive communication
- » Dealing with objections and returns

Managerial basics

- » Practical leadership for junior and senior managers
- » Leadership based on personal typology
- » Academy for masters in production and front-line managers
- » Fundamental management skills
- » The role of the manager
- » Emotional maturity of leaders
- » Managerial routines
- » Situational styles of leadership
- » Managerial communication
- » Critical managerial conversations
- » Feedback giving
- » Manager as a motivator
- » Delegating
- » Managerial decision making
- » Remote people and teams management
- » Motivating people and maintaining team spirit

Advanced managerial skills

- » Leading a team through change
- » Results leadership
- » Manager as a coach
- » Coaching approach in practice and leadership
- » Performance management and leading appraisal meetings
- » Positive leadership and happiness at work
- » Trust vs. Control

Special managerial topics

- » Cross country and strategic leadership
- » Role of a manager in hiring process
- » Online onboarding
- » Leading multicultural teams
- » Leadership in VUCA world
- » Aikido leadership
- » Manager's role in increasing work safety
- » Waterfall leadership
- » Tribal leadership
- » Agile leadership



Developing teams

Team developing programs

- » Developing top management teams
- » Teamwork programs
- » Executive Teams without borders
- » Teamwork based on personal typologies
- » Team Booster – facilitated development
- » Mediation and conflict resolution in teams
- » Cross-department cooperation
- » Team Building programs

Team gamificatied programs

- » Shackleton Leadership
- » Sales-force gym
- » Diplomatic battle - negotiation
- » Multi-party negotiation
- » Mayday – Welcome in VUCA
- » Experience the agile project management
- » Brewery management – strategic thinking
- » Lean FBI Game – strategic thinking
- » Treasure Hunt



Developing organization

Developing organisations

- » Change management programs
- » Company culture change and integrations programs
- » Developing a culture of safety at work by changing thinking
- » Succession Programs
- » Increasing customer satisfaction
- » Increasing employees satisfaction
- » Feedback based culture
- » Train-the-Trainer – internal trainers academy (offline and online)
- » Academy for internal mentors
- » Diversity and inclusion



Diagnostics

Diagnostic tools

- » 180°/360° feedback
- » Mini 180°
- » Assessment centres
- » Development centres
- » Assessing competences
- » Employees satisfaction surveys
- » Lencioni's assessment of team effectiveness
- » TeamRocks
- » CX Ray
- » Team Booster

Personal diagnostics / typologies

- » Lumina
- » Insights Discovery
- » DISC - Success Insights
- » CliftonStrengths Talent Assessment (Gallup)
- » Hogan tests
- » Other personal typologies (MBTI / Predictive Index / Management Drives)



Consultancy

Consulting in selected topics

- » Employee engagement
- » Developing HR business partnering
- » HR audit
- » Performance management
- » Talent management
- » Succession planning
- » Developing internal communication processes
- » Employer branding
- » Development programs based on Kirkpatrick's methodology
- » Company culture and values
- » Managing complex change projects
- » Analysis and development of sales processes
- » Customer care process standardization
- » Customer Experience
- » Smart & Lean projects
- » Gamification of internal processes (onboarding etc.)
- » Diversity and inclusion



Facilitation

Facilitation of workshops, meetings and events

- » Visual facilitation
- » Graphical recording
- » Vision & strategy
- » TOP management teams facilitation
- » Team Booster
- » Calibration of people
- » SMART & LEAN workshops
- » Customer journey mapping
- » Employee journey mapping
- » CANVAS business model
- » A new leader in a new team
- » Diversity and inclusion



Coaching & Mentoring

Coaching

- » Individual coaching
- » Team coaching
- » KATA coaching
- » NLP coaching
- » Embodied coaching
- » How to deliver team coaching

Mentoring



On-line and off-line...

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