

List of Trainings to be Offered

Breaking the Fear of Public Speaking / Conquering Glossophobia

By means of pragmatic approaches, confidence-building activities, and cognitive reframing procedures, this course helps learners to overcome their anxiety of public speaking. In professional and educational environments, attendees will learn how to clearly express ideas, control fear, and attract their audience, thereby guaranteeing strong delivery. Most importantly, participants will understand the neuroscience behind glossophobia to be able to decipher and overcome it.

How to Deliver Memorable Presentations?

This workshop aims at helping participants develop engaging presentations tailored towards their audience. It will equip them with different ideas that will help them deliver impactful presentations via learning more about the visual design principles, storytelling techniques, etc.

Mastering Emotional Intelligence: The Key to Professional and Personal Success

Designed to improve emotional intelligence (EQ), this training tackles Important EQ components—self-awareness, self-regulation, empathy, and social skills. To effectively control their emotions, participants will work via self-assessment tests, emotional trigger mapping, and role-playing situations. To improve communication and relationship-building abilities, the session also consists of simulations of conflict and empathy activities. Participants in the course will have useful techniques to boost their EQ, control stress, and create closer relationships in both their personal and professional life.

Leadership Skills

Designed for participants in leadership roles or aspiring leaders, this training addresses fundamental leadership traits, decision-making techniques, and team motivating tools. Along with managing change and building a culture of trust and creativity, the training stresses cooperation.

Social-Emotional Learning (SEL) Through a DEI Lens

With an eye toward diversity, equity, and inclusion, participants will investigate ways to combine SEL practices. The workshop highlights strategies for cultivating culturally responsive environments while promoting individual growth and well-being.

Equity in Discipline and Conflict Resolution

This session explores fair and culturally responsive approaches to discipline and conflict management. Participants will learn strategies for identifying and addressing bias, practicing restorative approaches, and building trust while maintaining respectful and supportive environments.

Neurodiversity & Accessibility

This workshop helps participants better understand and support individuals with diverse ways of thinking and learning. It introduces tools to design accessible environments, apply universal design principles, and embrace cognitive differences, ensuring equity and inclusion for all.

Reframing Organizations: Seeing Challenges Through New Lenses

This interactive workshop introduces participants to the four-frame model from *Reframing Organizations*, structural, human resources, political, and symbolic. By learning to “reframe” challenges through these multiple perspectives, participants gain new insights into problem-solving, decision-making, and organizational culture. The session emphasizes practical application, guiding participants to analyze real-world situations, explore alternative solutions, and strengthen their capacity to lead and collaborate more effectively in complex environments.

Effective People Management: Navigating Difficult Conversations at Work

Difficult conversations are unavoidable in the fast-paced workplace of today, but they shouldn't be frightening. Leaders and managers who attend this 60-minute hands-on course will have fundamental tools and techniques to confidently and clearly negotiate difficult conversations. By means of interactive role-playing, pragmatic models such as the SBI model, and established strategies for emotional management, participants will acquire skills in offering constructive criticism, conflict resolution, and promotion of a favorable, efficient workplace.

Artificial Intelligence Trainings

AI for Educators: Practical Tools for Teaching and Learning

An introductory workshop that explores how teachers and trainers can use AI platforms to design lessons, create quizzes, personalize feedback, and save time on prep. Participants leave with ready-to-use strategies for their classrooms or training sessions.

Personalizing Learning with AI

This session focuses on using AI to adapt content for learners' different needs, levels, and learning styles. Participants will practice generating personalized study guides, adaptive quizzes, and scenario-based exercises.

ChatGPT as Your Teaching Assistant

A hands-on workshop showing educators and trainers how to use ChatGPT to draft case studies, role-play scenarios, exam-style questions, feedback rubrics, and interactive discussions, all while staying mindful of ethics and academic integrity.