I want to learn how to apply for a job – and get it!
Would you hire yourself?

My passion?

I want my team to have a winning culture.

Mistakes you should avoid when putting together

What makes the team tick?

I want to learn how to structure information

Mind mapping

I want to overcome my fear of failure.

The art of failing

I want to come up with creative solutions for

Creative thinking

I've noticed you've been under pressure lately.

Learn to relax and recognize stress.

Vitality and energy

I want to learn to keep undesired emotions under control.

Emotional intelligence

Because just being smart isn’t enough.

Mindfulness

The power of now.

Stress!

Learn about dealing with stress.

First step towards being assertive

Making a better impression.

Setting boundaries

To here and no further!

Tired of being a perfectionist?

For anyone who wants to learn how to make mistakes.

Love junkie

For anyone who wants to be liked.

Stop procrastinating now!

Don’t delay, get started today.

Control freak!

For anyone who wants to learn how to let go.

Catastrophising or...?

I want to have a more positive approach to life.

How do I really feel?

I want to be more aware of my feelings.

Expressing your emotions

I want to be able to say how I feel.

Empathy

What motivates another person?

Medication

I want to find calmness in the moment.

Happy with yourself

Without judgment.

A first step towards mindfulness

I want to be in the present moment.

Take action: Stress SOS

First aid for treating stress.

Vitality and energy

I want to increase my energy levels and boost my passion for life.

Managing your tension

Learn to relax and recognize stress.

Let’s talk about stress

I’ve noticed you’ve been under pressure lately.

Assumptiveness

Stand up for yourself without unnecessarily hurting another.

Putting things into perspective

I want to learn to keep undesired emotions under control.

Communication

Our communication skills could certainly be improved.

Presenting with ease

I want to improve my presentation skills.

Influencing

I want to learn to align my strategy to the person I’m dealing with.

Dealing with difficult people

How can I spend less energy dealing with difficult people?

Attentive listening

I want to improve my listening skills.

Understanding others

I want to understand what other people mean.

Open questions

I want to ask better questions.

Preventing misunderstanding

Want to learn more about how to deal with cultural differences?

Different cultures, different truths

Show or hide your emotions?

Different cultures, different truths

Do you want to learn more about how to deal with cultural differences?

Who is right?

Invest in the relationship?

Different cultures, different truths

Who is right?

From allergy to quality

All about punctuality, politeness, and other cultural stereotypes.

Microsoft Excel

Consultative selling

I want to improve my sales skills.

Customer focus

Creating “saving fans” customers.

Ready, Set, Pitch!

I want to sell convincingly.

Microsoft Word

Microsoft PowerPoint

Microsoft Excel