



*TALENT DEVELOPMENT &
MENTAL HEALTH SOLUTIONS*

THRIVING MINDS



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WHO WE ARE

MEET THE TEAM



I AM A TRAINED PSYCHOLOGIST AND PSYCHOTHERAPIST WITH A SEASONED CAREER IN HUMAN RESOURCES AND TALENT DEVELOPMENT. I HAVE DESIGNED AND DELIVERED COMPLEX DEVELOPMENT AND HEALTH-RELATED PROGRAMS AND FACILITATED TRAINING SESSIONS ON LEADERSHIP, PERSONAL EFFICIENCY, AND MENTAL HEALTH. I'VE BEEN GUIDING LEADERS AND TALENTS ON THEIR JOURNEY TO DEVELOP GREATER SELF-AWARENESS, TRANSFORM THEIR THINKING, EMOTIONS, BEHAVIORS, AND RELATIONSHIPS. I FIRMLY BELIEVE IN THE INNATE DRIVE FOR PERSONAL GROWTH THAT IS ESSENTIAL TO HUMAN NATURE.

Aniko

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MY UPBRINGING HAS GIVEN ME A UNIQUE PERSPECTIVE - THE ABILITY TO SEE PEOPLE NOT JUST FOR WHO THEY ARE, BUT FOR WHO THEY COULD BECOME THROUGH THE INCREDIBLE POTENTIAL AND STRENGTHS THEY HOLD WITHIN. THERE'S A COLLECTION OF HIDDEN CAPABILITIES IN EACH OF US, WAITING TO BE UNCOVERED. TOGETHER, WE CAN START A JOURNEY TO DISCOVER IT. I AM A PSYCHOLOGIST AND A SPORTS PSYCHOLOGIST, WITH OVER 10 YEARS OF EXPERIENCE IN CORPORATE HR. I SUPPORT INDIVIDUALS AND ORGANIZATIONS TO OVERCOME MENTAL BARRIERS AND REACH THEIR FULL POTENTIAL, WHETHER IT'S IN SPORTS OR IN THE BUSINESS ARENA.

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WHAT WE OFFER WORKSHOPS



ENHANCING PERSONAL EFFECTIVENESS

A SELF-REFLECTIVE JOURNEY DESIGNED TO UNLOCK HIDDEN POTENTIAL, FOCUSING ON INNER STRENGTHS AND STRATEGIES TO OVERCOME PERSONAL OBSTACLES THAT MAY HINDER THE PATH TO SUCCESS.



DEVELOPING AUTHENTIC LEADERS

CONTEMPORARY CONCEPTS, PRACTICAL TOOLS AND SELF-REFLECTION TO TRANSFORM NATURAL LEADERS INTO CONSCIOUS AND AUTHENTIC ONES, HARNESSING STRENGTHS AND UNCOVERING BLINDSPOTS.



CULTIVATING MENTAL HEALTH AND PSYCHOLOGICAL WELL-BEING

A SAFE AND SUPPORTIVE SPACE WHERE EXPERIENCES, THOUGHTS, AND EMOTIONS ARE EMBRACED. FOSTERING OPEN CONVERSATIONS THAT PROMOTE PSYCHOLOGICAL SAFETY IN THE WORKPLACE.

YOUR WORKSHOP, YOUR WAY

WE BELIEVE THAT EVERY ORGANIZATION IS UNIQUE, AND SO ARE ITS NEEDS AND PREFERENCES. THAT'S WHY WE OFFER A WORKSHOP EXPERIENCE THAT CAN BE TAILORED TO YOUR SPECIFIC REQUIREMENTS.

SINGLE SESSION OR
WORKSHOP SERIES

VIRTUAL DELIVERY
60-120MINS

IN PERSON DELIVERY
0.5-1.5 DAYS

12 TO 100
PARTICIPANTS

TURN ANY TOPIC INTO A **ROUNDTABLE, FRONTAL LECTURE OR Q&A** FORMAT TO CATER FOR BIGGER AUDIENCE SIZE.



ENHANCING PERSONAL EFFECTIVENESS



OUR ENHANCING PERSONAL EFFECTIVENESS WORKSHOPS OFFER A SELF-REFLECTIVE JOURNEY DESIGNED TO UNLOCK HIDDEN POTENTIAL. WE PROVIDE PRACTICAL CONCEPTS AND TOOLS THAT ALLOW PARTICIPANTS TO GAIN AWARENESS OF THEIR INNER STRENGTHS AND LEARN HOW TO HARNESS THEM WITH CONFIDENCE.

TOGETHER, WE EXPLORE STRATEGIES TO OVERCOME PERSONAL OBSTACLES THAT MAY HINDER THE PATH TO SUCCESS. OUR WORKSHOPS FOSTER A DEEPER UNDERSTANDING OF VALUES, MOTIVES, AND THINKING PATTERNS AND DEMONSTRATE HOW THEY INFLUENCE BEHAVIORS AND INTERACTIONS. WE PLACE A STRONG EMPHASIS ON ACHIEVING A BALANCE BETWEEN PERSONAL AND PROFESSIONAL SUCCESS WHILE MAINTAINING A SENSE OF ENJOYMENT AND HEALTHY BOUNDARIES.

THE EXACT AGENDA CAN BE TAILORED TO MEET THE UNIQUE NEEDS AND PREFERENCES OF ANY ORGANIZATION. THE CONTENT CAN BE FLEXIBLY BUILT AROUND THE FOLLOWING TOPICS:

- BUILDING CONFIDENCE IN FACING CHANGE AND UNCERTAINTY
- EMBRACING FAILURES ON THE JOURNEY OF GROWTH
- CULTIVATING PSYCHOLOGICAL FLEXIBILITY
- TRANSFORMING SELF-SABOTAGE INTO SUCCESS
- NAVIGATING DIFFICULT INTERACTIONS
- UNDERSTANDING MOTIVATION AND UNLOCKING INNER DRIVE
- ALIGNING PERSONAL VALUES WITH PROFESSIONAL ASPIRATIONS



DEVELOPING AUTHENTIC LEADERS



OUR LEADERSHIP DEVELOPMENT WORKSHOPS ARE DESIGNED TO TRANSFORM NATURAL LEADERS INTO CONSCIOUS AND AUTHENTIC ONES. THROUGH CONTEMPORARY CONCEPTS, PRACTICAL TOOLS AND SELF-REFLECTION PARTICIPANTS ARE INVITED TO HARNESS THEIR STRENGTHS, UNCOVER THEIR BLINDSPOTS AND CREATE A STEP-BY-STEP ROADMAP FOR PERSONAL GROWTH.

WE UNDERSTAND THAT LEADERSHIP ISN'T A ONE-SIZE-FITS-ALL ENDEAVOR. THAT'S WHY OUR WORKSHOP'S AGENDA IS FLEXIBLE AND ADAPTABLE TO MEET UNIQUE NEEDS. POTENTIAL TOPICS MAY INCLUDE BUT ARE NOT LIMITED TO:

- LEADING A DIVERSE TEAM TO SUCCESS
- LEADING WITH PURPOSE AND COMMUNICATING WITH IMPACT
- MANAGING A TEAM'S PERFORMANCE AND AMBITIONS
- UNDERSTANDING A TEAM'S MOTIVATION AND VALUES
- IDENTIFYING AND DEVELOPING HIGH POTENTIAL
- LEADING THROUGH CHANGE AND UNCERTAINTY
- NURTURING AN AUTHENTIC LEADERSHIP STYLE
- BALANCING COMPASSION AND PRODUCTIVITY
- SPEAKING COMMON LANGUAGE WITH GENERATION Z



CULTIVATING MENTAL HEALTH AND WELL-BEING



OUR MENTAL HEALTH AND PSYCHOLOGICAL WELL-BEING SESSIONS PROVIDE A SAFE AND SUPPORTIVE SPACE WHERE EXPERIENCES, THOUGHTS, AND EMOTIONS ARE VALUED. THE WORKSHOPS ENCOURAGE PARTICIPANTS TO CONFRONT BIASES AND FEARS SURROUNDING THIS CRITICAL TOPIC, FOSTERING OPEN CONVERSATIONS THAT PROMOTE AWARENESS AND PSYCHOLOGICAL SAFETY IN THE WORKPLACE.

WHETHER IT'S ABOUT STRESS MANAGEMENT STRATEGIES, WAYS TO SILENCE THE INNER CRITIC, OR TOOLS TO ENHANCE PSYCHOLOGICAL FLEXIBILITY AND RESILIENCE, OUR WORKSHOPS EQUIP EVERYONE WITH PRACTICAL CONCEPTS AND TOOLS.

WE CAN CUSTOMIZE THE CONTENT TO MATCH THE NEEDS OF ANY ORGANIZATION. HERE ARE SOME SUGGESTIONS OF POTENTIAL IMPACTFUL TOPICS:

- MASTERING STRESS MANAGEMENT
- OVERCOMING SELF-CRITICISM AND EMBRACING SELF-COMPASSION
- CHALLENGING COGNITIVE BIASES AND SELF-LIMITING THOUGHTS
- FOSTERING PSYCHOLOGICAL FLEXIBILITY: BUILDING RESILIENCE
- NAVIGATING EMOTIONS: THE SCIENCE AND PRACTICE OF HANDLING YOUR FEELINGS

INCORPORATING AN INTRODUCTORY SENSITIZING ROUNDTABLE FORMAT, WE ENSURE A GENTLE AND INCLUSIVE APPROACH, OPENING UP THE CONVERSATION EVEN IF MENTAL HEALTH HASN'T BEEN ADDRESSED IN YOUR ORGANIZATION YET.



OUR PHILOSOPHY

AT OUR CORE, WE EMBRACE THE FOLLOWING GUIDING PRINCIPLES. WHEN YOU COLLABORATE WITH US, YOU'LL EXPERIENCE HOW THEY SHAPE THE ESSENCE OF OUR WORK, DEFINING THE QUALITY AND STYLE OF OUR WORKSHOPS.



POTENTIAL TO GROW

PEOPLE POSSESS AN UNTAPPED POTENTIAL AND AN INNATE MOTIVATION TO GROW. WE APPLY THIS IN OUR OWN LIVES, HAVING A RELENTLESS DRIVE TO EXPLORE NEW HORIZONS.



POWER OF CONNECTION

HUMANS THRIVE WHEN THEY CONNECT AUTHENTICALLY WITH RESPECT, GENUINE CURIOSITY, AND ATTUNEMENT. WE FOSTER THIS PROFOUND CONNECTEDNESS BOTH IN OUR PROFESSIONAL ROLES AND PERSONAL LIVES.



UNWAVERING AUTHENTICITY

WE SELECT TOPICS THAT RESONATE DEEPLY WITH US AND ALIGN WITH OUR COMPREHENSIVE KNOWLEDGE AND DIVERSE LIFE AND WORK EXPERIENCES. IT ENSURES THAT OUR ENGAGEMENT WITH EACH TOPIC IS GENUINE AND HEARTFELT.



PERSONAL INSPIRATION

OUR AIM IS TO SPARK DEEP, INSIGHTFUL CONVERSATIONS THAT LEAVE YOU INSPIRED. WE FIRMLY BELIEVE THAT WE CAN ONLY ENRICH YOU WHEN WE OURSELVES ARE INSPIRED BY THE SUBJECTS WE DELVE INTO.





GET IN TOUCH WITH US.



WE'D LIKE TO HEAR FROM YOU.

REACH OUT TO US ANY TIME FOR MORE
INFORMATION OR TO DISCUSS HOW WE
COULD BEST SUPPORT YOUR NEEDS.

Anikó & Veronika

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