

We are based in Ireland and specialise in high-quality leadership development, bespoke training, senior team building and executive coaching services. Our clients include KPMG, HSBC, MSD, BOI, AIB, BNP Paribas, DeBeers, UCC, DCU, Coillte, Accenture, Diageo and Thales. We work in Ireland and internationally.

WORKING WITH US

- ✓ **Excellent and consistent feedback** from a wide range of clients who have experienced positive results through working with us
- ✓ **Qualified** and very experienced trainers, offering 360-degree feedback and psychometric instruments including MBTI and Insights Discovery
- ✓ **Tailored** training and team building programmes based on your specific business needs and goals
- ✓ **High-quality** and well-designed course materials, handouts and PowerPoint
- ✓ **Friendly** and easy to work with

BUSINESS SKILLS TRAINING

- ✓ Assertiveness and confidence
- ✓ Business writing
- ✓ Communicating with impact
- ✓ Creativity and innovation
- ✓ Customer service
- ✓ Dealing with difficult situations
- ✓ Design thinking
- ✓ Facilitation skills
- ✓ Influencing and communication
- ✓ Interviewing skills
- ✓ Mindfulness
- ✓ Negotiation
- ✓ Networking for success
- ✓ Presenting with confidence
- ✓ Project management fundamentals
- ✓ Stress and resilience
- ✓ Time management

MANAGEMENT & LEADERSHIP TRAINING

- ✓ Appraisals skills
- ✓ Coaching skills for high performance
- ✓ Feedback skills
- ✓ Leadership essentials
- ✓ Leading others through change
- ✓ Managing people
- ✓ Managing conflict at work
- ✓ Managing performance and under-performance
- ✓ Meetings skills
- ✓ Motivating your team
- ✓ Setting effective objectives
- ✓ Supervisor skills
- ✓ Training the trainer



SENIOR LEADERSHIP TEAM BUILDING & EXECUTIVE COACHING

High-quality and customised senior leadership off-sites and executive coaching using Insights Discovery and MBTI psychometrics and 360-degree feedback.

Kilkenny Chamber of Commerce Awards Finalist 2019