

TRAINING

COMPETENCE-BASED

COLLABORATION PROPOSAL

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Who are we?

Why we are doing this

Ilona Radu Georgiana Ghiciuc

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Training types

We propose 5 types of training that can be useful for the management team or any members of an organization.

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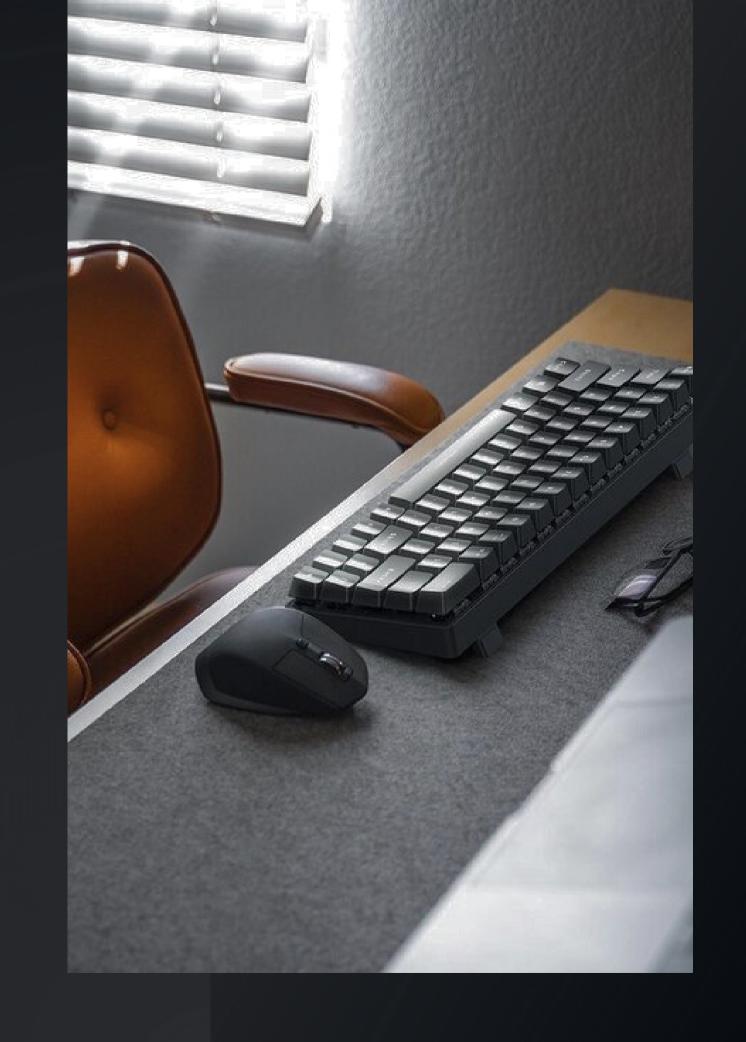
CONTEXT

Organizations are constantly in motion.

To address the challenges posed by expanding teams, economic uncertainty, diversifying fields of activity, or simply to enhance workplace performance, we've designed a series of valuable training sessions across various industries. These are meant to highlight the current situation and also aid in making progress across various activity domains.

Well-prepared employees will be ready to face challenges of any kind.

Confident managers will handle crisis situations while setting examples for the rest of the team to follow.



TRAINING **TYPES**

01 Organizational Communication

- Verbal Communication, Non-verbal Communication, Communication Barriers, and Role Play
- Active Listening
- Personality Profiles & Communication Approach Tips and Tricks
- Mini Guide to Best Practices

03 Feedback

- What is Feedback?
- Types of Feedback
- Best Practices for Effective Feedback
- Role-Playing for Feedback Scenarios

02 Team Communication and Teamwork

- Best Practices in Team Communication
- Belbin Profiles and Typologies
- Description and Approach

04

Anxiety Management

- Profile & Prevention
- Types of Anxiety
- Recognizing Anxiety -Clinical Scenario
- Psychological Context -Anxiety vs. Attachment
- Types of Attachment

TRAINING TYPES

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Burnout

07

The 5 "hats" of a manager

- Types of Burnout
- Clinical Scenario -Symptoms
- Stages of Burnout
- Prevention
- How to Recognize if You Are Experiencing Burnout

 Differences between a Manager, Leader, Coach, Mentor, and Trainer

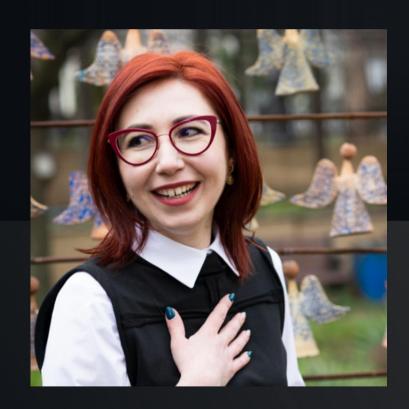
06

Time management

 Different Techniques and Tools for Middle and Top Management

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WHO ARE WE



ILONA RADU

Management expert, psychologist, coach

Psychologist
Certification for independent practice in work and organizational psychology
Certification in experiential psychotherapy
Master's degree in human resources
Certification as a Train the Trainers instructor
Certification in systemic coaching
Over 17 years of experience in the field of human resources

WHO ARE WE



GEORGIANA GHICIUC

Entrepreneur,
Communications and
organizational culture expert

Entrepreneur, founder of the digital marketing agency Beaglecat (lasi & Berlin)

Expert in organizational culture, communication, and marketing Ph.D. in Political Communication 2010-2013: Assistant Professor, Department of Communication and Public Relations Founder of Employer Branding.tech - an information platform on organizational culture and employer branding

2019-2022: Marketing and Communication Director at Etvas, Hamburg Founder of the Employer Branding: the Inside Podcast 2022: Employer Branding Lead at Evolution Engineering Berlin Certification in Train the Trainers Certification in Systemic Coaching