



# NEUROLEAD

THINK GREAT, PERFORM BETTER

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## ONLINE TRAINING

Pricing at the end of the document

*Our online trainings are interactive and dynamic: practical exercises and simulations, individual reflections and exchanges in small groups.*

*The use of neuroscience and behavioral sciences in designing our solutions promotes the sustainability of learnings in real life situations.*

# TRAINING FOR MANAGERS

## POSITIVE LEADERSHIP



### MOTIVATE YOUR TEAM

MAINTAIN TEAM  
ENGAGEMENT IN REMOTE  
CONDITIONS

½ day



### SUPPORT YOUR TEAM

PROVIDE FEEDBACK  
AND RECOGNITION

2 sessions of 90 min



### STEER MINDSETS TO SOLUTIONS MODE

ENCOURAGE GROWTH MINDSET  
TO FACE  
CHANGE

½ day  
+ 1h individual coaching



### ENHANCE YOUR TEAM PERFORMANCE

SUPPORT AND STRENGTHEN  
YOUR TEAM

2 X ½ day



### MANAGE STRESS AND EMOTIONS

RESTORE CALM AND  
SERENITY

½ day  
+ 1h individual coaching



### TRUST AND PSYCHOLOGICAL SAFETY

FIRST FACTOR OF  
PERFORMANCE

2 sessions of 90 min



TRAINING FOR TEAMS

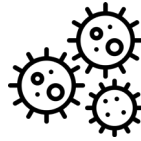
# SERENE PERFORMANCE



## TAKE A STEP BACK

TIPS AND TRICKS TO  
RECHARGE BATTERIES

2 x 90 min  
+ 1h individual coaching



## RESILIENCE THROUGH COVID

BUILD ENDURANCE TO FACE  
CHALLENGES

2 x 90 min  
+ 1h individual coaching



## WORK-LIFE BALANCE

MAINTAIN BALANCE IN  
LOCKDOWN

2 sessions of 90 min



## EMOTIONAL INTELLIGENCE

DEVELOP EMOTIONAL  
INTELLIGENCE

2 X ½ day



## MANAGE STRESS

LEARN TO MANAGE FEAR,  
IRRITATION AND  
DISCOURAGEMENT

½ day



## ADAPT

OPTIMIZE ADAPTIVE  
INTELLIGENCE

3 x ½ day



### MOTIVATE YOUR TEAM

MAINTAIN TEAM  
ENGAGEMENT IN REMOTE  
CONDITIONS

½ day

#### TRAINING OBJECTIVES

- Motivating your team remotely
- Activating the 8 universal motivations
- Identifying effective tips and tricks and concrete practices
- Maintaining the team spirit



### SUPPORT YOUR TEAM

PROVIDE FEEDBACK AND  
RECOGNITION

2 sessions of 90 min

#### TRAINING OBJECTIVES

- Providing effective feedback to build team capacities
- Transforming feedback in a positive and anticipated moment
- Communicating constructively on sensitive subjects
- Making use of the 5 forms of non-monetary recognition



### STEER MINDSETS TO SOLUTIONS MODE

ENCOURAGE GROWTH MINDSET  
TO FACE CHANGE

½ day

#### TRAINING OBJECTIVES

- Discovering and experiencing the Growth Mindset
- Creating a positive dynamic of learning and development for oneself and for others in this context of strong changes
- Developing a « solutions » mindset to face change
- Transforming problems in opportunities



### ENHANCE YOUR TEAM PERFORMANCE

SUPPORT AND STRENGTHEN  
YOUR TEAM

½ day

#### TRAINING OBJECTIVES

- Providing moral support to your team
- Developing the ability to take a step back
- Optimizing the adaptive intelligence of each person in the face of change and the unknown
- Maintaining ambitious challenges whilst managing the pressure with less stress



## MANAGE STRESS AND EMOTIONS

RESTORE CALM AND SERENITY

½ day  
+ 1h individual coaching

### TRAINING OBJECTIVES

- Identifying stress within my team
- Spotting the signs of dropping out
- Having an effective method to manage the 3 forms of stress



## TRUST AND PSYCHOLOGICAL SAFETY

FIRST FACTOR OF PERFORMANCE

2 sessions of 90 min

### TRAINING OBJECTIVES

- Understanding the relationship between performance and psychological safety
- Improving everyone's involvement and team performance
- Implementing effective tips and tricks and concrete practices



## TAKE A STEP BACK

TIPS AND TRICKS TO RECHARGE BATTERIES

2 x 90 min  
+ 1 h individual coaching

### TRAINING OBJECTIVES

- Learning to take a step back
- Create space to reflect and take stock in general or on specific issues
- Tips and tricks to use under pressure and in general
- Practicing on concrete cases



## RESILIENCE THROUGH COVID

BUILD ENDURANCE TO FACE CHALLENGES

2 x 90 min  
+ 1 h individual coaching

### TRAINING OBJECTIVES

- Improving your resilience in difficult situations
- Physiological aspects: sleep, pleasure, energy
- Decreasing pressure and demands



## WORK-LIFE BALANCE

MAINTAIN BALANCE IN  
LOCKDOWN

2 sessions of 90 min

### TRAINING OBJECTIVES

- Balancing professional and private life
- Managing your energy
- Learning to compartmentalize work
- Making yourself available to one and the other



## EMOTIONAL INTELLIGENCE

DEVELOP EMOTIONAL  
INTELLIGENCE

2 X ½ day

### TRAINING OBJECTIVES

- Identifying emotions
- The 5 functions of emotions
- Determining the needs behind the emotion
- Learning to manage emotions



## MANAGE STRESS

LEARN TO MANAGE FEAR,  
IRRITATION AND  
DISCOURAGEMENT

½ day

### TRAINING OBJECTIVES

- Identifying and understanding stress
- Decreasing its intensity
- Switching to adaptive intelligence
- Developing acceptance and taking a step back
- The CUNE method



## ADAPT

OPTIMIZE ADAPTIVE  
INTELLIGENCE

3 x ½ day

### TRAINING OBJECTIVES

- Developing the flow: a state in which you are involved but without stress
- Identifying and understanding your different mindsets
- Optimizing your intelligence: curiosity, adaptation, rationality
- Developing your ability to choose your mindset
- Improve efficient decision making



## PRICING

**½ DAY TRAINING**  
**1.100€**

**INDIVIDUAL SESSION**  
**240€/h**



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## CONTACT

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