



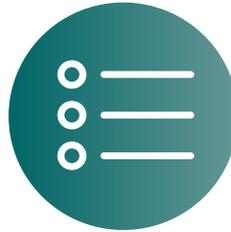
# *Mindtrain Trainings*

**"Education is not the filling of  
barrels, but the kindling of  
flames."  
Heraclitus**



## ***Benefit***

- Staying on the ball in the working world 4.0
- Agility in a world full of change
- Lifelong learning
- Actively shaping a learning culture
- Being capable and strengthening confidence



## ***Contents***

- Leadership
- Conflict Management
- Thinking & Behavior
- Dealing with change



## ***Methods***

- Classroom trainings
- Group training
- Digital Trainings
- Hybrid trainings
- Self-study
- Trainings outdoors or in special locations

## ***Target Groups***

- Leaders and managers
- Department and team leaders
- Employees Human Resources
- Employees

## ***Formate***

- In-house trainings
- Courses & Seminars
- Webinars
- Outdoors or special locations



**For a fresh breeze call  
+41 55 610 19 19**

**People - Emotions - Results**

Mindtrain GmbH

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# *Mindtrain Trainings*

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flames."  
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## ***Trainings for leaders and personalities*** ***Physical, Hybrid & Online. Modular and individual.***

- Leader as Coach 1 day
- Self Leadership 1 day
- Conflict Management Basics (self-study) 45 minutes
- Ego and conflicts - own behavior in conflict situations 0.5 - 1 days
- Leader as conflict manager 0.5 - 1 days
- HR support in internal conflicts 1 day
- Ego and change 0.5 - 1 days
- Group dynamics in change processes 0.5 - 1 days
- Mindtrain school of thought (in preparation)

You have not found your desired training? Together with our partners in the Mindtrain network, we will find your target-oriented training.

Training program for your company? Let's talk about it!



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