

COMPANY PRESENTATION



**EMPLOYEE
BOOST**



**WORK
DYNAMICS**



**CORPORATE
COMMUNITY**



Welcome **BRAIN** **SWITCH** A matter of perspectives



Brainswitch is a training and coaching company committed to unlocking your employees leadership potential while fostering healthy work dynamics and prioritizing emotional well-being.



Why Us?

Our programs combine the most effective communication strategies and leadership development techniques.

We also offer workshops designed to support employees' mental and emotional health in the workplace.

Our training programs focus on identifying weaknesses within teams, both on a personal level and in workflow efficiency.

We develop and tailor solutions to fit the specific needs of your industry.

Private Coaching sessions

We offer as well one on one coaching sessions where we empower individuals and teams by reinforcing personal strengths, addressing stress-related challenges while fostering strong interpersonal relationships.

What we Believe in

At our organization, we prioritize the enhancement of internal motivation factors, particularly core values, to elevate employee motivation within the workplace. Our aim is to foster a cohesive and efficient community that contributes to the overall success of the company.

We offer a comprehensive range of services, including online and on-site coaching sessions, workshops, and training programs. Additionally, we design corporate retreats tailored to meet the specific needs of employees, ensuring alignment with the company's vision, mission, and annual objectives.

We are committed to the belief that every individual possesses innate leadership qualities. Our mission is to nurture and amplify these traits, facilitating a seamless flow of both personal and professional growth.

Our Modules

**EMPLOYEE
BOOST**



**TEAM
DYNAMICS**



**CORPORATE
COMMUNITY**



EMPLOYEES PROGRAMS

Recent studies have shown that 55% of people are ok with working for less if they feel motivated, supported and valued.



TEAM PROGRAMS

Our workshops foster healthy work dynamics allowing teams to leverage their collective strengths to achieve common goals.



COMPANY PROGRAMS

Our approach is designed to cultivate a cohesive corporate community within your organization fostering trust & engagement.

Our Programs

Our programs are based on internationally certified assessments and psychometric tools.

Our training methods and exercises are practical.

Role playing tailored to fit all industries.

Follow up sessions offered after each program.

We offer measurable outcome.



From Stress to Strength

A stress management workshop where each participant discovers their own strategy for managing stress while learning multiple emotional management techniques. An interactive Workshop rich in life coaching tools, breathing techniques, meditation processes, and stretching postures to help calm the mind and recharge the body.



Leadership Intelligence

Employees behavior will get assessed through Genos Leadership Skills in the Workplace International assessment tool. Based on the results each participant will receive a coaching booklet & personalized coaching sessions tailored to his/her needs. The Genos International Assessment is one of the best metrics adopted to spot weaknesses in work dynamics and personal input.



Emotional & Self Management

Participants will discover the importance and the influence that emotions have on their job performance, overall health, and professional success. Each step of the way participants will receive practical tools they can implement daily to help them regulate and manage their emotions as well as enhance their interpersonal relationships.



Boost Your Creativity

This interactive workshop combines role-plays, case studies, creative exercises, and proven innovation processes and tools. It fosters an innovation culture within your organization by addressing challenges, solving problems, and achieving goals through innovative approaches. Participants will develop innovative products and services, enhance team productivity, and apply strategies rooted in the 4-Brain Thinkers model



Communication Skills for better team work

Workflow agility depends upon the ability of managers to communicate with one another and with their team quickly and efficiently. This training highlights the most important skills to becoming a good communicator from a leadership perspective and approach. Participants will learn assertiveness skills and constructive feedback systems.

(All exercises will be tailored based on your industry, the workshop handles communication skills between upper, mid and lower management but does not include customer service skills or crisis management techniques, these are separate training programs with a specific outline that can be provided upon request).



Emotional Management for team efficiency

Effective people management starts with mastering emotional management. The EMT workshop focuses on fostering healthy workplace dynamics through Emotional Management. Participants will be introduced to the Mood Meter, an emotional management tool developed by the Yale Center for Emotional Intelligence. This tool empowers leaders to identify and address the emotional needs of their team members, enabling them to adopt the most effective management approaches for optimal results.

(This program provides charts and systems designed for implementation within the workplace to enhance emotional awareness and promote a healthier workflow.)



Leadership Skills for team efficiency

This training program is for the development of leadership skills in managers. Managers will discover how to inspire trust and build credibility in their team. This training covers a variety of topics on leadership skills. It majors around Blanchard's Situational leadership module; directive, coaching, supporting, delegating and targets building good communication, understanding and feedback channels.

(All tools presented during the training will be directly applied throughout the program, with exercises tailored specifically to your industry.)



Aligning Values for Success

A workshop that focuses on building alignment between personal values, company values, and fostering a sense of belonging and shared purpose to solidify the employee-company relationship and foster loyalty and a sense of belonging between employees.

(This workshop is built around the company's values, vision, and mission, and cannot be conducted in their absence. In such cases, we offer a brainstorming session with company leaders, founders, and key managers to help clarify these foundational elements and establish workflow dynamics.)



It's Not Personal, it's a Personality !

The more you know about your team, the better you can predict their response and reactions. A training program based on MBTI [Myers & Briggs Type Indicator] personality profiling tool where all participants will first receive their own assessments as well as the right tools for them to be able to assess others. These methods will equip attendees with management skills and communication tactics adaptable to their needs and the personality of their team members.



CORPORATE RETREATS

Brainswitch designs tailored retreats for your company, led by expert facilitators. Whether indoors or immersed in nature, we create transformational experiences—from camping and hiking adventures to luxurious 5-star resort escapes !



Clients list



Meet Our Associates

Brainswitch infuses all its workshops with different modalities, in addition to leadership skills and emotional intelligence trainers, Brainswitch associates with several life and executive coaches, yoga & meditation teachers with certified holistic health practitioners.



Rosa Maria Kallas

Founder - Leadership & Emotional Intelligence Trainer

- International LEADERSHIP Skills in the Workplace Assessor
- Leadership & Emotional Intelligence Trainer
- Emotional Management Coach
- Life Coach & NLP Master Practitioner
- Hypnotherapist
- Publish Author



Maher Mezher

Associate Trainer - Creativity & Innovation

- International Keynote Speaker
- Founder of Innovators League
- Expert in Creativity & Innovation
- Inventor of the Innovators Tool®
- Inventor of the Become An INNOVATOR® Methodology



Clara Abi Nader

Associate Trainer - Engagement Coach

- Professional certified coach, ICF
- Mindset & Engagement Coach for organizations
- Clarity & Healing Coach
- Career Coaching for teens, youths & adults

Packages

We meet with your company to set the desired workshop outcome and receive key information.



Workshops

Small group of 10

1 Full Day training

1 950.00 \$

1 Well being Workshop
+ 6 Well being Methods
and 10 Well being Assessments.



Coaching

per employee

1 Coaching session

360.00 \$

1 Genos International assessment
in the workplace.
+ 1 debrief session
and 1 personalized coaching booklet.



Community Building

For companies

3 Well being workshops

8 900.00 \$

20 Hours of Training includes:

- 60 Wellbeing Assessments
- 14 Wellbeing Tools
- Follow Up Sessions
- Mesurable stats





YOUR LEADING TEAM

Step 01

Genos - Leadership in the workplace assessment

The Genos - Leadership in the workplace assessment, not only measures leadership qualities in candidates but compares these qualities with their personal perspective.

Step 02

Personal Debrief Session

After each assessment there is a 1 hour debrief session, one on one with each participant. Tools for upskilling will be shared in the necessary competency.

Step 03

x10 Your Leaders

1 month of executive leadership coaching with a certified coach where each participant gets to work on developing needed skills - based on the Genos Leadership assessment.

Step 04

Discovering Self & Others

1 Mega event - Team building day based on leadership skills assessment - the competencies acquired will be tailored into games - roles plays in one day of experience, fun and x10ing leaders!

Step 05

Internal Mentorship Program

Launch and internal mentorship program, where the coach will no longer be needed on a regular basis, instead team members will mentor other team members in the skills they have mastered.