



Corporate Programs



For more than 10 years I have been upskilling employees with leadership and emotional management skills enhancing their competencies for a more positive and productive job performance.

www.rosamariakallas.com



Credentials

#1 Amazon Best Selling Co-Author.

Leadership Skills in the Workplace
assessor, trainer, coach.

Certified Life Coach.

Certified NLP Master Practitioner.

Timeline Therapist.

International Assessor in Emotional
Intelligence in the workplace.

Certified Social & EQ Coach.

Emotional Management Coach.

NGH Certified Hypnotherapist.



People development Training Programs

STRESS MANAGEMENT

From Stress to Strength

A holistic approach to stress on the mental, emotional and physical level. In this workshop that blends, coaching techniques with meditation practices and stretching methods, participants will learn how to de-clutter and discover their innate power for reducing daily stress.

Emotion in Motion, Let's go!

Based on Emotional Intelligence tools, this workshop offers an in depth look on the 4 quadrant of Emotional Intelligence. 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.

It's a personality! It's not personal

The more you know about your team, the better you can predict their response and reactions.

A training program based on MBTI personality profiling tool where all participants will receive their own assessment as well as 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 member.



From an outspoken child to a rebellious teenager, it wasn't before university years that Rosa Maria's talents found their outlet. She graduated on top of her class with a master's degree in advertising where her out-of-the box approach got highly awarded.

Rosa Maria discovered that her passion lies in not only finding solutions for brands products and companies but wanting to find solutions for people. She traveled, explored, learned, and got certified in many healing modalities to help individuals live a balanced life during challenging times.

Rosa Maria is a #1 Amazon Bestselling co-author, an international leadership skills expert and emotional intelligence assessor, a certified and licensed NLP master practitioner and a social and emotional Intelligence coach and hypnotherapist.



Partnering in several well being projects from the United States to the Middle East and Europe, her company Brainswitch, founded back in 2014, develops and delivers corporate well being workshops, retreats, well being business solutions to companies, start-ups, and solopreneurs wanting to incorporate wellness into their businesses or business module.

In 2019, she has co-written a book called; Ignite Female Change Makers which became a #1 Bestseller on Amazon, in 9 countries and 26 categories.

She has been described by many as a non-conventional trainer, inspirational, wise, and professional, she never shies away from cracking a joke or two and is always keen on facilitating successful personal development experiences.

People development
Corporate Retreats

GETAWAYS

one to two days

ReBoot *You*

Tailored to boost the mental and physical abilities of participants. Best practices in the workplace.

Communication skills
Delegation | Leadership
BrainGym | Chi Kong

Work Life Balance
Integrative Nutrition

High performance coaching

Dream **Team**

Retreat tailored for community building where participants will enjoy group activities in alignment with the company's vision & mission.

Team Building | Laughter Yoga
Know your partner | know yourself

Art Therapy
MBTI

Group bonding | KPIs | Goal setting

From **Stress to Strength**

Tailored to offer a relaxed getaway enriched with stress management techniques.

Yoga | Meditation
Time Management
Coaching

Stress Management tools
Food Medicine

Life coaching

ReaDy *Fine!*

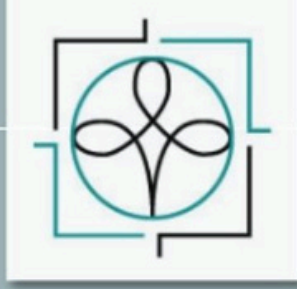
An outside of the box, immersive experience where nothing is familiar and everything challenges perspectives & perceptions.

5 elements activation
Creativity & Innovation

Sound healing
NLP

Walk on fire | Ice Bath





CLIENT TESTIMONIALS



CELINE A. | MANAGING DIRECTOR HANDS-ON

Rosa Maria was able to keep every training moment lively and interesting, relaying the needed information in a motivating and brilliant manner. In specific, the Emotional Management and Leadership Skills for Team Efficiency workshops were both very informative and eye-opening programs. Results showed when each of the attendees was able to employ the skills and tips learned in his/her daily routine of work. We were all able to evaluate different possible scenarios happening at the workplace and tackle them in different more efficient manners.

What was noticeable in all the workshops was the flexibility and freedom given to the team members, it was a success story by itself all thanks to Rosa Maria who made it all happen by being the excellent trainer and lovable person that she is.



DANY Y. | GROUP HR DIRECTOR 7 MANAGEMENT GROUP

Ms. Kallas was professional, knowledgeable, creative, and engaging and was able to extract full participation, and enthusiasm from my team. It was clear to me that their level of engagement and knowledge of the topics they're bringing back has improved and can be applied to their daily work environment. I was proud to be able to offer that.



The Booking Process



1st Step

Meet & Debrief



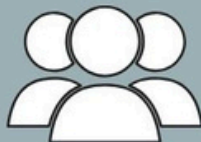
2nd Step

Outline Confirmation



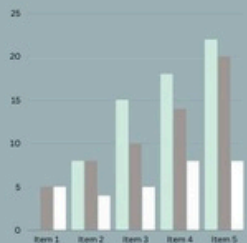
3rd Step

Training Delivery



4th Step

Training Evaluation



5th Step

Follow up assessment