



Developing leadership culture and mastering challenging situations

Motivate employees to go the extra mile? Learning leadership at a distance? Making abstract topics such as culture, strategies, visions, mission statements or values tangible? Convincing top management of your own concept? We provide practical tools in realistic situations, offer individual feedback, tailormade action plans and much more.

Working together on realistic leadership situations and optimizing them

Thanks to its 22 years of management experience, VitaminT offers competent support in preparing for or following up on any kind of challenging management situation. In a protected environment, without fear of real consequences; in large or small groups, online or offline.

Theoretically learned live testing

Our 16-member team uses bite-sized 'learning tapas' to convey important theoretical building blocks in small, easily digestible portions. Individual training impulses, far from standardized patent remedies, support you in conducting release, feedback and conflict discussions with more sovereignty in the future. And not just theoretically, but up close and personal: in laboratory-like situations with business actors. These slip into an immense range of potential dialogue partners, with whom learning experiences can be tested directly and realistically, in line with your own everyday work.

Individual feedback in restriction-free space

Targeted replays enable the testing of various approaches in order to master a challenging situation. Individual feedback from trainers, role-players and other participants in a restriction-free space helps to recognize and strengthen one's own self-efficacy and to immediately experience the positive effects. The perfect basis for a successful transfer into your real professional life.



Case studies from previous projects

How do we support the topic of *leading and convincing* in concrete terms? How do we make an abstract mindset and new working environments tangible and overcome resistance? Many case studies will illustrate this:



Goal: Create understanding across age and hierarchy boundaries

Format: Large group seminar with 25 participants

Duration: 1 day



Goal: Confident appearance and handling of problems, self-image and perception of others, communication and self-confidence

Format: Seminar with 12 participants **Duration:** 5 days divided into 3 modules



Goal: Training of soft skills such as motivation and communication skills, persuasiveness ...

Format: Training with 10 participants

Duration: 5 days in 3 modules and additional Skype

coaching session



Goal: Enable managers to conduct their feedback discussions in a situation-appropriate, competent and appreciative manner

Format: Seminar theater with 14 participants

Duration: 1 day

VitaminT: Interactive. Business experienced. Realistic.

The tailored alternative to standard formats

Do you already have a topic for which you would like to have a change from existing event formats? Then you are exactly right with us! We can also bring your theme to the stage in a customized way. As seminar theater (for smaller groups), change or forum theater (ideal for large groups), coaching or in other flexible formats. From one hour to two days. Present on site or virtually via videoconferencing system of your choice, allowing you to reach a large number of employees in the shortest possible time - even internationally. In addition to this, we also offer integrated complete solutions in cooperation with our partners, if required. And not only in German, but also in Swiss German, French or English.

You are welcome to contact us without obligation to develop initial ideas:

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