

# TRAINING CATALOGUE



# Overview



## LEADERSHIP & MANAGEMENT

We offer focused trainings to help leaders grow, covering essential skills such as team leadership and management, as well as leading diverse, inclusive teams. Participants learn to navigate change and uncertainty, build influence, and handle difficult conversations with impact.



## COMMUNICATION & PUBLIC SPEAKING

Our trainings build strong skills for impactful communication, optimal team interaction and powerful feedback techniques. Participants also practice emotional and cross-cultural communication, while developing presentation abilities.



## MOTIVATION & HARMONY

These trainings empower professionals to thrive by fostering motivation at work, developing emotional intelligence, and creating psychological safety. They also provide tools for resolving team conflicts effectively and building strong cross-cultural relationships.



## PERFORMANCE & EFFICIENCY

Our trainings boost professional growth by enhancing team performance, mastering time management, and building future-ready skills. Participants also strengthen team-player abilities and learn to manage relationships both upwards and across the organization.



## HYBRID & REMOTE TEAMWORK



## AI & HUMAN INTELLIGENCE

# Welcome to Nexus

**Founded in 2010, Nexus Consulting's culture is strongly influenced by its Founder and Managing Director, Ramin Kaweh, whose leadership and international consulting experiences shaped Nexus Consulting's values: Positivity, Collaboration, Respect and Creativity.**

We are a diverse and committed team of trainers and facilitators, specialists in enhancing human interactions and strengthening team dynamics.

At Nexus Consulting, we cultivate a positive, empowering, and fulfilling work environment—one that drives sustainable competitive advantage for our clients.

Our services span training, skills and competency development, communication, leadership, management education, and professional coaching.

Our approach is grounded in over two decades of evolving methodologies tailored for multicultural teams.



With a strong track record in consulting, training, and facilitation, we have led numerous large-scale projects.

These include comprehensive needs analyses, program design and development, implementation, and evaluation of impactful team building events, staff retreats, learning strategies, and training programs for diverse, multicultural groups.

**1200+**

**Participants  
per year**

**44**

**Countries  
serviced**

**17**

**Years in  
business**

**8**

**Languages  
spoken**

**7**

**Consultants**

# Our Values



## **POSITIVITY**

We have the conviction that we can find constructive and collaborative ways for teams and individuals to work harmoniously together, with an appropriate positive mindset and attitude.



## **RESPECT**

We understand that everyone has their own personal, unique culture with their own special background, education and preferences. We foster an environment that respects and is sensitive to different backgrounds and cultures.



## **COLLABORATION**

We listen, ask questions, and bring people together. We aim to relate and connect people, to interweave people constructively and to bind and bond individuals and teams together. The end goal is to unite people into one cohesive team.



## **CREATIVITY**

We look at situations from different angles in order to explore new horizons, inspire our clients, and achieve results. It's about creatively approaching challenges, issues and people. We always aim to find creative and imaginative ways of delivering our services, customised for every project.





# Leadership

# Leadership & Management

## **BEING A TEAM LEADER**

- Understanding the key concepts of leadership
- Discovering the different leadership styles
- Mastering the skills to lead in today's world

## **BEING A TEAM MANAGER**

- Learning the fundamental skills and responsibilities of a manager
- Creating the right team culture
- Making the team grow

## **COMMUNICATING WITH THE TEAM**

- Communicating to and with the Team
- Using communication to inspire and motivate
- Building a culture of open communication

## **LEADING A DIVERSE AND INCLUSIVE TEAM**

- Comprehending the foundations of diversity and inclusion
- Mastering the traits of inclusive leaders
- Creating an inclusive culture

## **LEADING CHANGE AND DEALING WITH UNCERTAINTY**

- Developing a growth mindset and resilience
- Getting to know one's "change personality"
- Transforming change as an opportunity

# Leadership & Management

## **MASTERING INFLUENCING SKILLS**

- Unlocking the power of influencing
- Exploring the main influencing techniques
- Mastering the skills needed to influence and inspire others

## **NEGOTIATING WITH IMPACT**

- Exploring the fundamentals of negotiation
- Comprehending the principles of interest-based negotiations
- Overcoming resistance and obstacles

## **MANAGING DIFFICULT CONVERSATIONS**

- Developing active listening
- Mastering the art of feedback
- Dealing with conflict efficiently



# Communication



# Communication Skills

## **IMPROVING BASIC COMMUNICATION SKILLS**

- Adapting to your audience
- Sharing information clearly and structured
- Practicing good communication habits

## **COMMUNICATING CLEARLY & CONCISELY**

- Eliminating ambiguity
- Prioritizing key messages
- Editing for impact

## **IMPROVING ACTIVE LISTENING SKILLS**

- Asking powerful questions
- Demonstrating attentiveness
- Reflecting and paraphrasing

## **DELIVERING A POWERFUL MESSAGE**

- Tailoring to the audience
- Structuring for retention
- Ensuring follow-through

# Public Speaking

## **LEARNING PUBLIC SPEAKING SKILLS**

- Knowing your audience and tailoring your message
- Structuring your speech clearly
- Practicing delivery (pace, tone, and body language)

## **USING STORYTELLING IN PRESENTATIONS**

- Crafting impactful narratives and stories
- Delivering stories and engaging with the audience
- Applying storytelling techniques to improve engagement

## **STRUCTURING ENGAGING SPEECHES**

- Starting with a strong hook
- Using stories, emotion, and clear takeaways to connect
- Ending with a memorable call to action or thought

## **SPEAKING AT EASE IN FRONT OF AN AUDIENCE**

- Learning how to stay calm and centered
- Practicing and building confidence
- Engaging naturally with your audience

# Presentation Skills

## **LEARNING EFFECTIVE PRESENTATION SKILLS**

- Being aware and using your non-verbal communication skills
- Using your voice to hold attention
- Mastering your body language and presence

## **HANDLING AUDIENCE**

- Engaging your audience efficiently
- Managing hostile or sceptical audiences
- Handling difficult questions and conversations
- Adapting a presentation to a multi-cultural audience

## **CRAFTING AN IMPACTFUL PRESENTATION**

- Managing time and transition smoothly
- Delivering concise content
- Designing an audience-based presentation

## **DELIVERING WITH EASE AND CONFIDENCE**

- Tools to stay calm under pressure
- Speaking clearly and steadily
- Connecting authentically with your audience

## **USING POWERFUL PRESENTATION TOOLS**

- Crafting visuals that focus attention
- Using slides to reinforce key messages
- Animating elements to guide the eye

# Feedback Skills

## **MASTERING THE ART OF FEEDBACK**

- Using feedback to strengthen the team cohesion
- Giving feedback constructively
- Receiving feedback efficiently

## **SHARING EMOTIONAL FEEDBACK**

- Understanding the impact of emotional feedback at work
- Delivering emotional feedback respectfully
- Processing emotional feedback

## **UNDERSTANDING AND USING CROSS CULTURAL FEEDBACK**

- Adapting feedback to cultural norms
- Listening actively to understand context
- Delivering input with cultural sensitivity



# Team Interactions

## **IMPROVING THE TEAM COMMUNICATION**

- Appreciating the different profiles
- Sharing information effectively
- Implementing good practices

## **UNDERSTANDING CROSS-CULTURAL COMMUNICATION**

- Adapting communication styles to cultural contexts
- Listening with cultural curiosity and openness
- Avoiding assumptions and clarifying meaning

## **FACILITATING MEETINGS**

- Designing and guiding productive meetings and workshop
- Encouraging participation and managing group dynamics
- Creating psychological safety

## **FOSTERING GROUP ENGAGEMENT AND PARTICIPATION**

- Encouraging participation from all members
- Facilitating inclusive and respectful dialogue
- Maintaining energy and focus through interaction

# Influencing Skills

## **INFLUENCING WITH IMPACT**

- Unlocking the power of influencing
- Exploring the main influencing techniques
- Mastering the skills needed to influence and inspire others

## **MASTERING CHARISMA IN ANY SETTING**

- Connecting authentically with others
- Radiating confidence and warmth
- Inspiring attention through presence

## **CREATING YOUR PERSONAL BRANDING**

- Defining your unique value proposition
- Building the right reputation
- Networking and visibility strategies



# Motivation

# Motivation & Harmony

## **FOSTERING MOTIVATION AT WORK**

- Embracing the power of purpose and meaning
- Using autonomy, growth, empowerment and appreciation
- Sustaining motivation and preventing burnout

## **MASTERING EMOTIONAL INTELLIGENCE**

- Understanding the concept of E.I.
- Developing emotional awareness and regulation
- Applying Emotional Intelligence for a stronger team cohesion

## **CREATING PSYCHOLOGICAL SAFETY IN A TEAM**

- Understanding Psychological Safety
- Recognising behaviours that build (or break) safety
- Creating a culture of voice & inclusion

## **MEDIATING CONFLICT IN THE WORKPLACE**

- Unveiling the origin of a conflict
- Resolving day to day conflicts
- Handling difficult conversations

## **ENHANCING CROSS-CULTURAL RELATIONS**

- Discovering cultural awareness and self-assessment
- Defining one's P.U.C. (Personal Unique Culture)
- Building trust and relationships





# Performance



# Performance & Efficiency

## **BOOSTING TEAM PERFORMANCE**

- Building a high-performing team
- Enhancing collaboration and cohesion
- Managing performance for sustainable success

## **IMPROVING TIME MANAGEMENT**

- Using time management techniques efficiently
- Maintaining focus and overcoming procrastination
- Boosting productivity

## **BEING FIT FOR THE FUTURE**

- "OHM..." Maintaining Optimism. Happiness. Motivation
- "OMG!" Raising Opportunities. Motivation. Growth
- Building future scenario

## **UNDERSTANDING THE TEAM-PLAYER SKILLS**

- Embracing the attitude, behaviour, characteristics of a team-player
- Acting and performing successfully within a team
- Solving issues and thinking creatively

## **MANAGING UPWARDS AND FORWARDS**

- Communicating smartly
- Acting with the right attitude
- Managing superiors smartly



# Today's needs

# AI & Human Intelligence

## **LEADING WITH AI**

- Using AI to inform decisions
- Aligning AI with your leadership goals
- Evolving your leadership style and leadership tools

## **BOOSTING COLLABORATION IN THE DIGITAL AGE**

- Integrating AI for more performance
- Training teams on basic AI concepts
- Using AI to rethink team rituals

## **USING AI INSIGHTS FOR BETTER TEAM PERFORMANCE**

- Teaching leaders to use AI-driven insights
- Using AI to detect team behavior trends
- Making performance data accessible and understandable

## **THRIVING IN A TECH-AUGMENTED WORKPLACE**

- Clarifying what humans do best vs. AI
- Showing how AI can enhance human ideas
- Helping people shift from fear to curiosity

## **SKILLS FOR WORKING ALONGSIDE AI**

- Being good at prompting AI
- Encouraging experimentation
- Developing “human” skills

# Hybrid & Remote World

## **LEADING TEAMS REMOTELY**

- Motivating the team
- Maintaining productivity
- Communicating efficiently

## **MANAGING HYBRID TEAMS**

- Using hybrid communication with impact
- Reinforcing team cohesion
- Optimising hybrid team organisation

## **MANAGING MY HOME-OFFICE & SELF**

- Managing my home-office
- Leading myself to results
- Enhancing my energy and un-leasing my personal power

## **OPTIMISING ONLINE PRESENTATION & COMMUNICATION**

- Technical online presence
- Online impactful presentation skills



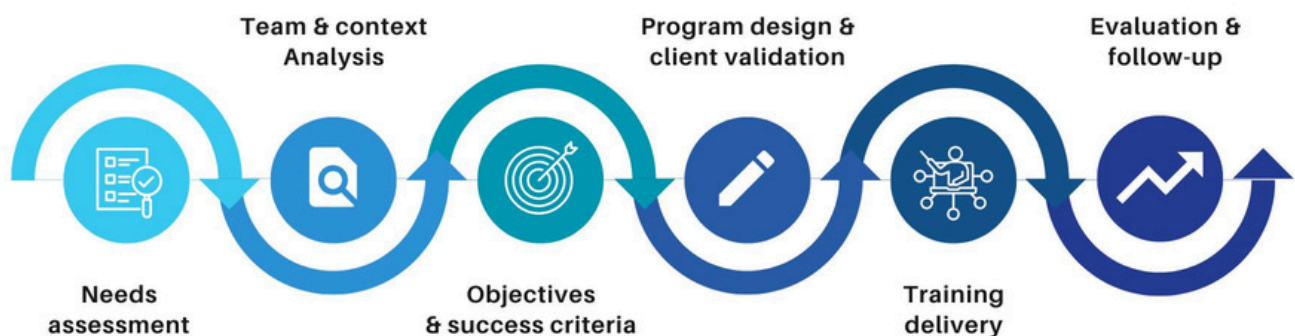
# Customised



# Customised Trainings

Every team is unique and so are the challenges they face. Therefore, we design fully customized training programs tailored to your company's goals, culture, and people. By investing in training that speaks directly to your needs, you equip your team with practical tools, sharpen their skills, and boost motivation. We aim at a stronger collaboration, higher performance, and a team that is ready to meet the future with confidence

## Our approach



# The Nexus Touch



## EXPERT TEAM

Senior consultants with proven track records in organisational transformation



## INTERACTIVE ENGAGEMENT

Participatory, dynamic methodologies that empower learning and growth through joyful, experiential processes



## INTERNATIONAL EXPERIENCE

Deep expertise in navigating multi-cultural and multilingual environments. Serviced in more than 44 countries



## LANGUAGES SPOKEN

English, French, German, Spanish, Italian, Persian, Danish, Dutch



# The Nexus Touch





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