



Treasure Lab
COACHING & DEVELOPMENT FOR CHANGE

The Leader's Lab

Helping leaders survive,
grow and thrive.

Through our 20 year experience in developing leaders at all levels, we have been praised for the relevant, engaging and practical nature of our programs.



The Leader's Lab is a series of up to date, interactive, "bite-size" team workshops with practical, ready to use knowledge and tools. Training workshops can be offered together or separately, online or in person.

The Leader's Lab workshops can be combined with one to one coaching sessions & group coaching sessions.

Your Leaders will benefit from

- Practical knowledge based on latest research
- In-class practice on skills & professional feedback
- Digital business simulations that model real life experiences
- Brief theory on each topic, enriched with company cases
- A digital platform with all tools, readings, homework, videos etc.
- Individual & group coaching for further growth
- Personal Action Plans committing to next steps

Word of Mouth

I liked the practice. The correct structure of the seminar (theory-practice-material). C.Eleftheriou, Interamerican

I liked the practice in real life scenarios and also the pleasant atmosphere. S.Lianos, Interamerican

The workshop unblocked me and made me think about the long-term benefit I will have by starting to delegate tasks. A. Diplari, Zepos & Yannopoulos

Well-structured, focused on specific steps and methods. D.Kranias, JTI



The Emotionally Intelligent Leader

Learn why 90% of top performers have a high EQ & how you can succeed by enhancing your own.

- The model: 4 elements & how they work
- Explore the ABCD technique for managing emotions
- Work on & practice empathetic listening
- Connect with others & manage your relations at work



Feedback in Practice

In this workshop, based on the latest findings in neuroscience, you will focus on using positive communication & feedback to boost your work relations.

- Learn why & how positive communication works
- Practice strengths feedback and acknowledgement
- Learn the ABC technique and how to use it
- Work in small teams & discuss difficult cases



Agile Mindset

Explore how agile thinking impacts business decisions, through an interactive digital simulation.

Agile mindset an online series including Celemi Agile Move digital business simulation designed for leaders & teams that want to think and work in a more agile way.



Delegation

An interactive, hands-on workshop, focusing on the how of delegation, a practice that saves time whilst developing the team

- Learn the 5 steps of delegation
- Practice on a real life topic
- Explore the 7 levels of delegation
- Learn best practices and draft next steps



Meetings that Work

In Meetings that Work, participants learn the steps of preparing and facilitating an effective meeting, explore and discuss best practices, share experiences and practice in real-life cases.

- How Meetings Have Changed Corporate Life
- A Team's Key Meetings
- Preparing & facilitating engaging meetings
- Delegating roles and promoting inclusion
- Tools that help



Resolving Conflict

An interactive, hands-on workshop, focusing on CONFLICTS and how to solve them, whether you are the mediator/leader or one of the conflicting parties.

- Discover your own conflict style and how to flex it
- Learn a 6-step method for resolving conflict
- Practice on real life cases.
- Draft an action plan



Resilience NOW

Learn how to navigate thinking traps & boost your own resilience factors

- What are the characteristics of resilient people?
- What undermines our resilience?
- What can we do to avoid Thinking Traps?

Learn how to boost your resilience in the post COVID era with an expert that has designed and applied (take out the word for) Resilience programs in schools, businesses (take out the comma) and families in (take out during) the last 15 years



Solution Focused Coaching

- Learn an easily applicable coaching method that relies on strengths
- Learn what solution-focused coaching is and how it works from Krysta Tzelepi, who has been training and coaching hundreds of managers on this approach, since 2008.
- Practice a simple and effective coaching methodology to apply with your team and colleagues!
- Find how you can change a conversation from telling to asking and empowering!

Word of Mouth

In a very warm atmosphere, the workshop offers incredibly useful knowledge, in a way that is oriented towards practical application from the next day! Great tools for achieving change! -I. Rigopoulou, Professor University of the Aegean

A very practical program that brings value and can immediately help us, in an everyday issue where we encounter so many difficulties and dysfunctions. E. Kanaki, L'Oreal