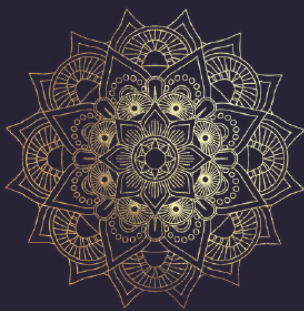




My
Skills
Lab



BUILDING
EXCELLENCE
TOGETHER
MYSKILLSLAB'S
INNOVATIVE
TRAINING
SOLUTIONS

COMPANY BROCHURE 2025





Welcome to MySkillsLab, your trusted partner in personal and professional growth. At MySkillsLab, we are passionate about empowering individuals and organizations to unlock their full potential and achieve meaningful success. With over 20 years of expertise, we specialize in delivering comprehensive online training programs, personalized coaching, and mentoring services, along with high-intensity interventions and transformative offline retreats.

Our mission is to empower you to cultivate leadership excellence, drive meaningful growth, and unlock the full potential of any challenge. We are dedicated to providing transformative learning experiences, personalized guidance, and practical tools that help our clients surpass their goals, transcend their limits, and achieve long-term success.

"WHAT TRULY SETS US APART, I FIRMLY BELIEVE IN THIS, IS OUR UNWAVERING COMMITMENT TO DELIVERING PRACTICAL, RESULTS-DRIVEN DEVELOPMENT SOLUTIONS..."

PETRA STORMEN - FOUNDER

EXECUTIVE SUMMARY

Mission Statement

At MySkillsLab, our mission is to empower individuals and organizations to unlock their full potential, cultivate leadership excellence, and drive meaningful growth. We are dedicated to providing transformative learning experiences, personalized guidance, and practical tools that enable our clients to surpass their goals, transcend their limits, and achieve long-term success.

Vision

Our vision is to be the catalyst for personal and professional growth, inspiring a world where individuals and organizations thrive. We envision a future where everyone has the opportunity to develop essential skills, embrace continuous learning, and create positive change in their lives and the world around them. Through our innovative approaches, unwavering commitment, and passion for excellence, we strive to be the trusted partner and leading provider of transformative development solutions globally.

Company

At MySkillsLab, we are a dynamic and forward-thinking company with a global presence. With hubs in Eindhoven, Berlin, Brussels, and Cagliari, we have established ourselves as a trusted partner in personal and professional development. What sets us apart is our unique approach to organizational structure. We embrace a flat and flexible working environment, collaborating with top professionals from around the world. This global network allows us to tap into diverse expertise, ensuring that we deliver the highest quality solutions to our valued clients.

ELEVATOR

pitch



Our business

Introducing MySkillsLab, a premier provider of transformative development and training solutions for businesses worldwide.

What we do

With no geographic limitations, our comprehensive offerings, including blended development programs, personalized coaching journeys, tailor-made learning events, and immersive interventions, are designed to bridge the gap between theory and real-world application.

Who we serve?

We serve a diverse range of B2B corporate clients, regardless of size or industry, empowering them to unlock their workforces full potential and achieve meaningful growth.

Our Invitation

Join us on a transformative journey where practicality meets excellence, and together, let's elevate your organization to new heights of success



Connect With Me
LinkedIn

What truly sets us apart—and I firmly believe this—is our unwavering commitment to delivering practical, results-driven development solutions. We recognize that theoretical knowledge alone doesn't suffice. Therefore, we go the extra mile to provide hands-on solutions and immersive experiences that directly translate into real-world success. Our approach is designed to create a meaningful connection with our participants, ensuring that the knowledge and skills we impart are not only relatable but also immediately applicable in their professional lives. This focus on actionable learning ensures that our clients see tangible results from their investment in their development.

ABOUT PETRA STORMEN - FOUNDER MYSKILLSLAB

For over two decades, Petra has been a driving force behind personal and organizational transformation, empowering clients to adapt to challenges and emerge stronger, more resilient, and prepared for sustainable success. As an independent senior business consultant and certified coach, she has honed her ability to guide individuals and teams through pivotal moments of change, bringing clarity, purpose, and direction to their journeys.

Petra's career is defined by her work with C-suite executives, international management teams, and emerging leaders, crafting tailored strategies and roadmaps for enduring growth. Her unique approach fuses pragmatic business acumen with deep personal insight, creating environments where individuals and organizations thrive. Whether through one-on-one coaching, impactful workshops, or large-scale training events, Petra inspires transformation with precision and empathy.

Petra's diverse toolkit is enriched by her exposure to Fortune 500 methodologies and her studies under renowned spiritual teachers and global leaders. This blend of practical expertise and profound personal insight sets her apart, enabling her to deliver transformative experiences that balance results-driven strategies with deep self-discovery. Her proven methods draw on hundreds of successful sessions, helping her clients unlock their full potential. Petra integrates cutting-edge tools and insights gained from world-class mentors into her practice, ensuring that every individual and organization she supports benefits from the most effective and up-to-date strategies.

Petra holds an impressive array of certifications and qualifications, including:

- Certified Business Coach (Marshall Goldsmith and The Global Coach Group)
- Licensed MBCT Practitioner (Mindfulness-Based Cognitive Therapist)
- Passion Test Facilitator
- PMP (Project Management Professional)
- PCC (Professional Certified Coach)
- Six Sigma Black Belt (6SBB)

With a specialization in Communication and Training for Transformational Growth, she brings a comprehensive skill set to every engagement, equipping her clients to achieve meaningful and lasting change.

Petra's passion lies in guiding clients on journeys of self-discovery, growth, and success. She believes that true transformation stems from unlocking authenticity and innate potential. Through her leadership and the resources of her organization, clients experience profound evolution—within themselves, their teams, and their organizations. Petra's unparalleled expertise and dedication make her an invaluable partner for those ready to embrace change and achieve transformative results.



FOUNDER MYSKILLSLAB

TEDEd





My
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Lab



OUR SOLUTIONS



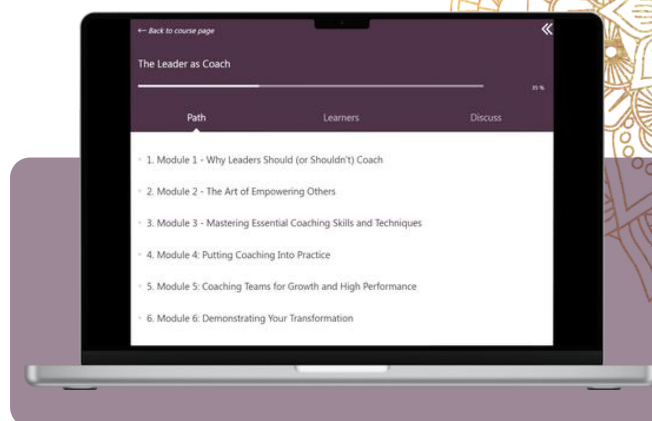


OUR ELEARNING PLATFORM

A comprehensive range of courses is offered through our online learning platform. Our LMS is the foundation of our service structure, providing access to a diverse selection of training programs designed to cater to the needs of employees at various levels within an organization. Whether it's leadership development, skill enhancement, or fostering well-being through mindfulness training, our training portfolio offers approximately 100 different courses to choose from. We can tailor the learning experience to reflect your organization's unique brand and culture. Our platform and inhouse instructional design team, allows for customization of course materials to align with your company's specific needs, values, and visual identity. This personalization helps foster a stronger connection between the content and your employees, enhancing the learning impact.



WHERE TRAINING SHIFTS INTO EDUCATION



Highlights

Expertly Crafted Content

Our courses are developed by subject-matter experts and instructional designers, ensuring each program is relevant, engaging, and reflective of the latest industry trends and practices.

Interactive and Engaging Learning Experience

With our platform, education goes beyond passive listening. Participants interact with dynamic modules, multimedia resources, and a variety of quizzes and assessments. This interactive approach keeps learners engaged and involved, making learning both effective and enjoyable.

Progress Tracking and Reinforcement

Our platform is designed to help learners track their progress and reinforce their understanding through advanced tracking tools and timely assessments. This enables both learners and administrators to monitor achievements and identify areas for further improvement, ensuring learning outcomes are met effectively.

Accessibility and Flexibility

Learn anywhere, anytime. Our full Learning Management System (LMS) provides learners with the flexibility to access training at their convenience, making it easy to fit education into busy schedules. This accessibility ensures that professional development is continuous and uninterrupted, regardless of location or time constraints.

COACHING MENTORING COUNSELING

Our Coaching Services are a powerful complement to your organization's core development programs, designed to support individual growth and performance within your teams. Whether addressing specific challenges or fostering accelerated personal development, our coaching, mentoring, and counseling programs are fully customized to align with the needs of your employees and your business goals.



COACHING IS ONLY ACCELERATED GROWTH



We recognize that each team member's journey is unique, and that's why we provide highly personalized support to help them overcome obstacles, enhance their skills, and embrace fresh perspectives. Delivered by experienced professionals in a convenient online environment, our coaching services ensure your employees receive dedicated guidance and actionable tools to thrive in their roles.

Partner with us to invest in your people, strengthen your teams, and drive your organization forward. Together, we'll unlock the potential within your workforce to achieve extraordinary results.

Highlights

Tailored Personal Development

We meticulously tailor our coaching, mentoring, and counseling to address the specific challenges, aspirations, and development needs of every client. This personalized approach ensures that each participant receives the most effective support tailored to their unique context and goals.

Integrated Learning and Support

Our services seamlessly complement with our online learning platform, creating a holistic development experience. Participants can enhance their learning with real-time, personalized guidance from experienced professionals. This integration ensures that theoretical knowledge gained from online courses is effectively applied through practical, personalized feedback and strategies.

Expert Guidance

Our team comprises highly qualified professionals with extensive experience in coaching, mentoring, and counseling. With expertise in various fields, our professionals are equipped to offer guidance that transcends typical learning barriers, providing insights that lead to profound personal transformation.

Accessible and Flexible Support

Participants can access support when they need it most, regardless of their location or schedule, ensuring continuous progress and development. This flexibility makes our services ideal for busy professionals and individuals in transition, allowing them to integrate personal development seamlessly into their daily lives.





ASSESSMENTS

At the foundation of any successful coaching partnership lies a clear understanding of where our clients stand today. Assessing capabilities at the outset is a crucial step in setting realistic goals and creating a strategy to achieve meaningful, lasting results. These initial benchmarks provide invaluable metrics, allowing our coaches to meet clients exactly where they are and tailor their approach accordingly.

Assessments are more than just diagnostic tools—they are gateways to insight. For coachees, they offer a structured way to better understand their behaviors, strengths, and areas for growth. This clarity accelerates self-reflection, refines goal-setting, and provides a clear roadmap for development.

UNLOCK YOUR TEAM'S FULL POTENTIAL

Whether for individuals or teams, these tools become powerful instruments for identifying opportunities, fostering collaboration, and driving measurable progress. With thousands of assessments available today, choosing the right one can be daunting. That's where we come in. Our executive coaches carefully select the most effective and relevant tools to align with each client's goals, ensuring a meaningful and impactful experience. From leadership style assessments to emotional intelligence evaluations and team dynamics analyses, we provide tailored solutions that empower our clients to achieve their ultimate objectives.

By leveraging the right assessments, we help unlock potential, build confidence, and create a solid foundation for growth—turning insights into action and aspirations into achievements.



Highlights

Precision Goal-Setting

Precision in goal-setting lays the groundwork for a strategy that is designed to achieve real, lasting results, making our approach highly effective and personalized.

Customized Tool Selection

Our executive coaches excel in identifying and recommending the most powerful and appropriate assessment tools tailored to each client's specific needs. This bespoke selection process ensures that every assessment is optimally aligned with the client's ultimate goals, whether for individuals or teams.

Insight-Driven Development

We leverage assessments as powerful tools that provide immediate insights into behaviors and capabilities. These insights empower our coachees to engage in meaningful self-reflection and informed goal setting.

Comprehensive Coverage

Our service doesn't just cater to individual development; we offer specialized assessments for teams as well. This dual approach allows us to address the unique dynamics of team interactions alongside individual behaviors, fostering a holistic development environment.

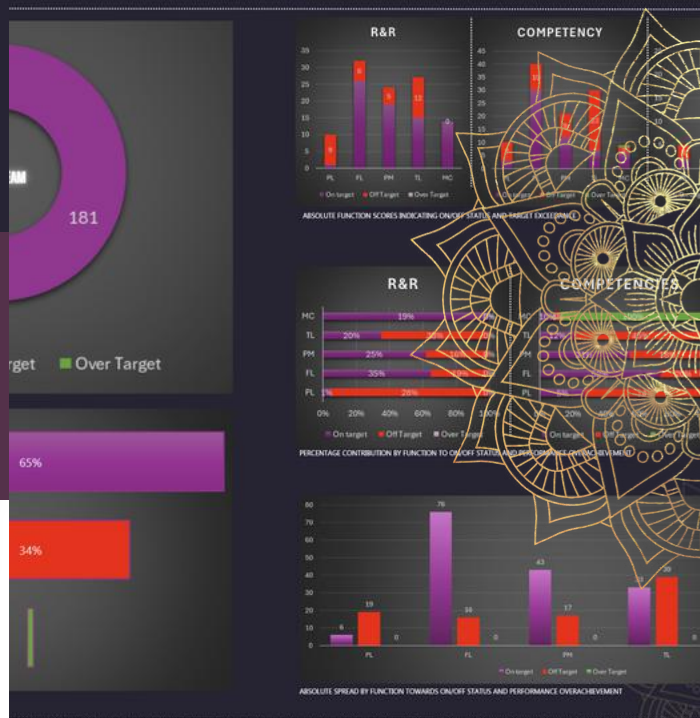
COMPETENCY MAPPING AND TEAM SCAN

We understand that the cornerstone of any successful Learning and Development (L&D) program is a deep understanding of your team’s current capabilities combined with a strategic approach to leverage that knowledge. Without clarity on where your team stands today, it’s impossible to create meaningful pathways for growth.

Our Consulting Competency Mapping and Team Scan Services are tailored to provide leaders with the insights they need to build high-performing, aligned, and adaptable teams. These services go beyond surface-level assessments, offering a comprehensive view of the skills, behaviors, and performance levels within your workforce.

With Competency Mapping, we identify the essential skills and knowledge required for success in specific roles and functions. By comparing current capabilities to these benchmarks, we pinpoint gaps, highlight areas for growth, and create actionable plans to upskill your team.

Our Team Scan services focus on understanding team dynamics, uncovering hidden strengths, and identifying any obstacles hindering performance.



A DATA DRIVEN APPROACH FOR TARGETED INTERVENTIONS

This analysis enables leaders to foster stronger collaboration, improve communication, and align team efforts with broader organizational objectives. Armed with these powerful tools, leaders can make informed decisions, create targeted L&D strategies, and drive measurable improvements in performance and engagement. Whether you’re looking to restructure a department, develop future leaders, or simply understand your team on a deeper level, our services ensure you’re equipped to lead with confidence and precision.



Highlights

Detailed Competency Mapping

This initial evaluation is critical, as it highlights the discrepancies between expected and actual team competencies and behaviors. Our sophisticated tools do more than just gather data—they convert it into actionable insights.

Collaborative Strategy Formulation

Our collaborative sessions allow us to identify critical intervention points and develop customized strategies aimed at boosting your team’s performance.

Targeted Interventions

Armed with insights from our comprehensive scans, we guide you in implementing strategic interventions. These are crafted not only to address existing gaps but also to capitalize on inherent strengths, enhancing team dynamics and overall capability.

Post-Program Assessment and CI

Reassessment is vital for observing the real-time improvement in your team’s competencies and behaviors, ensuring that your investment in the program yields quantifiable outcomes.

BUSINESS INTERVENTION TEAMS

Organizations often face challenges that hinder progress—especially during periods of complex transformation or intensive learning and development. Teams can become overwhelmed by the speed of change, the volume of new skills required, or the intricacies of navigating uncharted territory. That’s where our Business Intervention Team (BIT) comes in.

By partnering with us, you eliminate the steep learning curve and significant resource investment typically required to build internal capabilities for addressing these challenges. Instead, you gain immediate access to a bespoke team of specialists, expertly aligned to meet your unique needs and objectives. Our BIT team doesn’t just focus on quick fixes or surface-level solutions; we’re dedicated to creating sustainable impact. We dive deep into your organization’s pain points to uncover the root causes of challenges, applying precision, insight, and proven methodologies to resolve even the most complex issues.



MEANINGFUL INTERVENTIONS, WHEN TIME IS OF THE ESSENCE

Our BIT team serves as your trusted partner, helping you overcome roadblocks, drive transformation, and achieve your strategic goals with confidence. With us by your side, you can focus on growth and innovation while we handle the complexity, ensuring every intervention delivers maximum value and long-term benefits.



Highlights

Tailored Expertise

Every intervention is customized, ensuring our solutions directly address your unique obstacles.

Strategic Precision

From streamlining operations to revitalizing team dynamics, we focus on impactful, measurable outcomes.

Cutting-Edge Innovation

Whether introducing advanced technologies, redefining workflows, or fostering cultural shifts, we ensure your organization is ready to thrive in a competitive environment.

Lasting Results

Beyond resolving immediate challenges, we lay the groundwork for ongoing success by strengthening your team’s capacity to adapt and excel.

ONSITE FACILITATION SERVICES

Experience unparalleled support and real time transformation with our exclusive onsite services. Tailored specifically for organizations seeking a direct, hands-on approach, our services bring our top experts directly to your workplace. This personalized interaction ensures that your specific challenges are addressed effectively, leveraging real-time insights and adjustments. Ideal for businesses aiming for rapid improvements and impactful results, our onsite services provide the expert guidance necessary to elevate your operations and workforce dynamics.



UNPARALLELED SUPPORT AND REALTIME TRANSFORMATION

We recognize that each team member's journey is unique, and that's why we provide highly personalized support to help them overcome obstacles, enhance their skills, and embrace fresh perspectives. Delivered by experienced professionals in a convenient online environment, our coaching services ensure your employees receive dedicated guidance and actionable tools to thrive in their roles. Partner with us to invest in your people, strengthen your teams, and drive your organization forward. Together, we'll unlock the potential within your workforce to achieve extraordinary results.

Highlights

Customized Engagement

Our onsite services are fully customizable to align with your organization's unique needs and objectives. Unlike one-size-fits-all solutions, we offer tailored interventions that directly address the specific challenges and opportunities within your environment.

Hands-On Expertise

Gain direct access to industry-leading experts who bring deep knowledge and experience right to your doorstep. Our professionals are not just advisors; they are hands-on participants in driving change and fostering development within your teams.

Immediate Impact and Rapid Implementation

By working directly within your organizational setting, we can quickly identify areas that need immediate attention and swiftly implement solutions. This rapid response capability not only minimizes downtime but also accelerates the path to noticeable improvements, making our service ideal for organizations looking to quickly enhance their performance and resolve issues efficiently.

Support and Follow-Up

Our commitment to your success extends beyond initial interventions. With our onsite services, we provide ongoing support and follow-up, ensuring that the changes we implement take root and continue to grow.

MICE SERVICES

Whether amidst the breathtaking landscapes of Sardegna or the rolling hills of Tuscany, our MICE programs offer easy access to profound experiences designed to inspire both personal and professional growth. Tailored for all budgets and group sizes, these exclusive onsite services blend expert guidance with serene settings to create impactful meetings, incentives, conferences, and events.

From intimate team-building sessions to large-scale conferences, our programs are customized to meet your unique needs, ensuring a seamless and transformative experience for all participants. Whether you're focusing on collaboration, rejuvenating your team's spirit, or driving strategic outcomes, our MICE offerings deliver exceptional results.

This is more than an event service—it's an invitation to embrace change, unlock potential, and elevate perspectives. For those bold enough to dare, the journey begins here.



EMBRACE THE POWER OF PAUSE - SLOW DOWN TO SURGE AHEAD.



TEAM COLLABORATION IN ACTION MODEL

YOUR WAY FORWARD

Highlights

Tailored Experiential Learning

Immerse yourself in an environment where real-time transformation meets actionable strategies. Our MICE programs are designed to address your specific challenges, with hands-on guidance from experts who implement solutions directly with your team during the event. By integrating professional development with personal insights, we ensure immediate, impactful results for individuals and organizations alike.

Customized for Every Budget and Group Size

Our MICE programs are designed to accommodate all budgets and group sizes, from intimate gatherings to large-scale corporate events. Each experience is tailored to meet your unique goals, ensuring a seamless blend of professional growth and personal engagement. Whether you're seeking strategic alignment or team-building, our programs deliver exceptional results every time.

Productivity Through Structured Disconnect

Step away from the daily grind with purpose. Our MICE events offer a structured disconnection, providing the mental space to refocus and rejuvenate. This intentional pause from routine fosters greater productivity and unlocks fresh perspectives, driving measurable progress in both business and personal growth.

Exclusive Serene Settings

Host your MICE events in the tranquil beauty of Sardegna or Tuscany. These serene, exclusive locations create the ideal atmosphere for reflection, collaboration, and relaxation. The natural surroundings enhance stress-relief activities and inspire creativity, making every event a meaningful and transformative experience.



BUSINESS TEAM

SAVITHA

INSTRUCTIONAL DESIGNER

**INSTRUCTIONAL DESIGN
CUSTOMER SERVICE
DESIGN AND DEVELOPMENT**



Personal Profile

Savitha is the creative architect behind our learning experiences, serving as our instructional designer and learning specialist. Her expertise in creating customized eLearning modules, workshops, and training materials ensures that every learning solution aligns perfectly with our clients' needs.

Savitha's ability to blend creativity with technical precision makes her our go-to expert for transforming complex concepts into accessible and engaging content.

SUPPORT@MYSKILLSLAB.EU

MAHA

BACK OFFICE OPERATIONS LEAD

**BUSINESS OPERATIONS
STRATEGIC SUPPORT
SIX SIGMA CONSULTANT**



Personal Profile

Maha is the backbone of our operations, leading a dedicated team that ensures the seamless execution of all back-office activities. With a meticulous eye for detail and a solution-oriented mindset, Maha and her team are our go-to experts for streamlining processes, managing administrative tasks, and providing critical support that keeps everything running smoothly. Her unwavering commitment to excellence makes her an indispensable part of our organization.

SUPPORT@MYSKILLSLAB.EU

TEAM OF COACHES

Andreas Pratanos

Executive Coach PCC – ICF | Assessor

- EXECUTIVE COACH
- BUSINESS CONSULTANCY
- ASSESSOR (OKR)
- COURSE INSTRUCTOR



Personal Profile

Leveraging empathy and expert interpersonal skills, Andreas empowers his clients to execute key behaviors that propel their leadership to new heights. With a proven track record, Andreas brings a unique blend of experience and a compassionate approach to support leaders in navigating and excelling in their leadership journeys.

ANDREAS.PRATANOS@MYSKILLSLAB.EU

Eleonora Pizzutti

Business Coach ACC ICF | Trainer | Speaker

- BUSINESS COACH
- TRAINER
- SPEAKER
- ASSESSOR
- COURSE INSTRUCTOR



Personal Profile

Accomplished Business Coach, Speaker, Trainer, and DE&I Expert with a profound focus on emotional intelligence assessment and training. Eleonora leverages neurosciences for professional and personal development. A seasoned professional with over 15 years of experience in HR departments of major multinational companies.

ELEONORA.PIZZUTTI@MYSKILLSLAB.EU

TEAM OF COACHES

Pauline Crawford*Coach - Counselor*

- BUSINESS COACH
- COUNSELOR

**Personal Profile**

Pauline brings a unique blend of nurturing warmth and astute behavioral insight to her coaching endeavors. While her caring demeanor may suggest a maternal figure, it's imperative not to underestimate her keen perception when delving into behavioral aspects. Pauline possesses an uncanny ability to see through challenges and is unapologetically honest; she won't hesitate to mirror your areas of stagnation, gently guiding you to confront and overcome them.

PAULINE.CRAWFORD@MYSKILLSLAB.EU

Petra Stormen*Founder MySkillsLab*

- FOUNDER MYSKILLSLAB
- COURSE INSTRUCTOR
- EXECUTIVE COACH
- BUSINESS CONSULTANCY
- ASSESSOR (GLA360)

**Personal Profile**

Petra masterfully uncovers subtle challenges during her interactions with others, intuitively guiding individuals to transformative breakthroughs. With a gentle yet determined approach, she delivers impactful results while building lasting connections. Balancing influence with humility, Petra inspires others by recognizing the powerful interplay of mind, passion, and universal forces in every transformative journey.

PETRA.STORMEN@MYSKILLSLAB.EU

YOUR TRUSTED EXPERTS

Michel Ophelders

Head of Business Intervention Teams

- CONSULTANT
- SCM EXPERT
- SPEAKER



Personal Profile

Michel is an established leader in Business Strategy and Organizational Development, renowned for his expertise in Total Operations Management and end-to-end solutions in complex scenarios. His extensive experience spans over two decades, during which he has effectively led operations management from strategic planning to supply chain optimization across a spectrum of environments, from Fortune 500 companies to dynamic innovative startups.

MICHEL.OPHELDERS@MYSKILLSLAB.EU

Elia Maniscalco

Head Of Instructional Design and Development

- HUMAN-CENTRED DESIGN
- UXUI DESIGNER
- SPEAKER



Personal Profile

Elia seamlessly blends creativity and technology, crafting designs that are both beautiful and user-focused. With boundless curiosity and a passion for innovation, he transforms every collaboration into an opportunity for growth, delivering impactful results. Driven by a mission to create meaningful change, Elia combines technical expertise and creative problem-solving to design experiences that inspire and leave a lasting impression.

ELIA.MANISCALCO@MYSKILLSLAB.EU



2025 TRAINING PROGRAM



2025 TRAINING PROGRAMS

LEADERSHIP PATHWAY - LV 1

The Foundations of Leadership Program is designed to empower emerging leaders with the core skills needed to build a solid foundation for their leadership journey. Combining online learning modules, an engaging one-day classroom session, peer networking opportunities, personalized coaching, and interactive masterclasses, this program provides participants with practical tools and insights. By focusing on team management and fostering a confident, authentic leadership style, participants are equipped to lead with purpose and impact.



ONLINE SELF-PACED LEARNING CLASSROOM-BASED ILT ONLINE ILT EXPERIENTIAL LEARNING CERTIFICATE

LEADERSHIP PATHWAY - LV 2

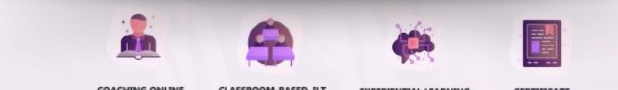
Our Advanced Leadership Program is a six-month journey designed for experienced leaders seeking to elevate their impact. This program combines immersive online learning with a dynamic onsite experience, equipping participants with advanced strategies in change management, negotiation, and decision-making. Through in-depth coaching and personalized GLA360 assessments, leaders gain valuable insights to drive innovation, strengthen their capabilities, and excel in fast-paced, high-stakes environments.



COACHING ONLINE ONLINE ASSESSMENT ONLINE ILT EXPERIENTIAL LEARNING CERTIFICATE

LEADERSHIP PATHWAY - LV 3

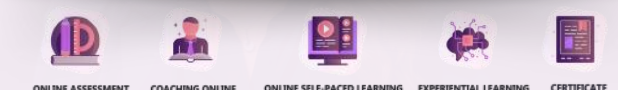
A four-day immersive onsite program, followed by six months of coaching, designed for experienced leaders ready to explore deeper leadership dynamics. This program focuses on leading organizational transitions, developing coaching expertise, and driving performance and accountability, preparing leaders to navigate complex business landscapes.



COACHING ONLINE CLASSROOM-BASED ILT EXPERIENTIAL LEARNING CERTIFICATE

FEMALE LEADERSHIP

This 5-month inspiring journey is crafted for women who are ready to lead with purpose and inspire meaningful change. With a harmonized approach, the program celebrates the unique strengths of female leadership in a supportive and collaborative environment. Through immersive learning experiences, including the GLA360 assessment, participants will uncover valuable insights and develop actionable strategies to thrive as impactful leaders in today's ever-evolving world.

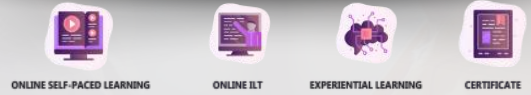


ONLINE ASSESSMENT COACHING ONLINE ONLINE SELF-PACED LEARNING EXPERIENTIAL LEARNING CERTIFICATE

2025 TRAINING PROGRAMS

COACHING FOR LEADERS

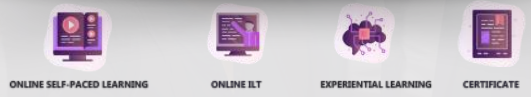
With three months of online and instructor-led learning, hands-on practice labs, and intervention sessions, leaders will master the essential skill of coaching. Leaders who learn to coach enhance their communication, empower their teams, boost performance, and foster talent development. In turn, this strengthens leadership capabilities and creates more engaged, high-performing teams—ultimately driving better results for the entire organization.



ONLINE SELF-PACED LEARNING ONLINE ILT EXPERIENTIAL LEARNING CERTIFICATE

EQ IN ACTION

Across three engaging modules, we'll learn how emotional intelligence can transform the way you lead, explore decision-making approaches that prioritize creating value, and discover practical strategies to support and elevate the performance of diverse, multigenerational teams. Each session is thoughtfully designed to equip you with the skills and insights you need to build a high-performing, inclusive, and resilient team.



ONLINE SELF-PACED LEARNING ONLINE ILT EXPERIENTIAL LEARNING CERTIFICATE

ORGANIZATIONAL WELLBEING

This 3-month program is designed to help leaders bring out the best in their teams by fostering positivity, boosting engagement, and driving better performance. Using proven leadership strategies and research-based insights, you'll discover how to lead by example, tackle challenges to positivity, manage more effectively, and build a strong, uplifting team culture. The program is highly interactive, with practical assignments that make it easy to apply what you learn to real-world situations.



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OKR FOUNDATION

Busy, productive, and innovative teams often face challenges with maintaining focus, falling prey to "shiny object syndrome." With so many exciting initiatives, it's easy to lose sight of what matters most. Our OKR program provides a structured framework that doesn't dampen creativity or motivation but instead channels it effectively towards achieving clear, prioritized goals. Empower your team to stay aligned, focused, and driven with OKRs that deliver results.



WITH OPTION
TO CERTIFY



ONLINE SELF-PACED LEARNING ONLINE ILT EXPERIENTIAL LEARNING CERTIFICATE

MICRO LEARNING PROGRAM

PROJECT MANAGEMENT FOR NONPM'S

Our Project Management Essentials Program is tailored for professionals without a formal project management background. This program equips participants with the fundamental skills, tools, and methodologies needed to manage projects effectively. Through a hands-on approach, participants connect theory with practical applications and drive successful outcomes across diverse business functions. This training empowers professionals to contribute meaningfully to their organization's success while enhancing teamwork and productivity.



MICRO-LEARNING



ONLINE SELF-PACED LEARNING



ONLINE ILT



CERTIFICATE

HIGH PERFORMING TEAMS

Our High-Performing Teams Program empowers leaders to build and sustain teams that excel by focusing on core elements like communication, trust, and accountability. Combining proven frameworks with practical tools, this program helps participants address collaboration challenges, strengthen team dynamics, and drive performance. Leaders will gain actionable strategies to empower their teams, remove obstacles, and foster an environment where individuals can thrive—leading to stronger results, higher engagement, and a culture of sustained success.



MICRO-LEARNING



ONLINE SELF-PACED LEARNING



ONLINE ILT



CERTIFICATE

MINDFULNESS

Our Mindfulness Micro-Learning Program is designed to provide practical, actionable techniques to help professionals improve focus, reduce stress, and enhance overall well-being. Participants will learn how to stay present, manage distractions, and seamlessly integrate mindfulness into their daily routines. By adopting these skills, the program not only supports personal balance and resilience but also contributes to a more harmonious and productive work environment.



MICRO-LEARNING



ONLINE SELF-PACED LEARNING



ONLINE ILT



CERTIFICATE

THE POWER OF INFLUENCE

Our Power of Influence training program is thoughtfully crafted to address the unique needs of professionals in your organization. It emphasizes developing the critical skills necessary to transition from relying on authority to leveraging genuine influence. This shift not only empowers individual growth and strengthens leadership capabilities but also accelerates greater collaboration and supports healthy harmonization efforts across the organization, driving collective success.



MICRO-LEARNING



ONLINE SELF-PACED LEARNING



ONLINE ILT



CERTIFICATE

MICRO LEARNING PROGRAM

COLLABORATIVE COMMUNICATION

The Collaborative Communication Program is designed to address the unique communication challenges within your organization. It gives employees the tools and skills they need to navigate their professional roles with confidence and clarity. This program isn't just about improving individual abilities—it's about strengthening teamwork, enhancing connections, and building a more effective, cohesive workplace where everyone can thrive.



MICRO-LEARNING



ONLINE SELF-PACED LEARNING



ONLINE ILT



CERTIFICATE

CONFLICT MANAGEMENT

Our Conflict Resolution Micro-Learning Program gives professionals the tools to address and resolve workplace conflicts with positivity, confidence and ease. Through concise and engaging lessons, participants will master techniques to pinpoint the root causes of conflict, enhance communication, and create collaborative solutions. This program turns a potential conflict into an opportunity for growth, strengthening relationships and fostering a more harmonious work environment.



MICRO-LEARNING



ONLINE SELF-PACED LEARNING



ONLINE ILT



CERTIFICATE

PERSONAL PRESENCE

Our Personal Presence Micro-Learning Program helps professionals build a powerful and authentic presence through bite-sized lessons on personal branding, body language, and effective communication. Participants will boost their confidence, refine their engagement skills, and create meaningful connections with colleagues and clients. This program empowers individuals to develop a strong, genuine presence that enhances their influence and opens doors to new career opportunities.



MICRO-LEARNING



ONLINE SELF-PACED LEARNING



ONLINE ILT



CERTIFICATE

CAREER DEVELOPMENT PACKAGE

Our Career Growth Package empowers professionals to take ownership of their career development. Participants will explore essential skills and strategies to elevate their professional journey. The program includes an assessment of your choice (Hogan, Six Sense, or GLA360), a detailed report, and an in-depth 2hr debrief with a coach, offering personalized insights and actionable guidance. Additionally, participants will benefit from a CV review and a clearly defined career growth path to help them achieve their career goals.



ONLINE ASSESSMENT



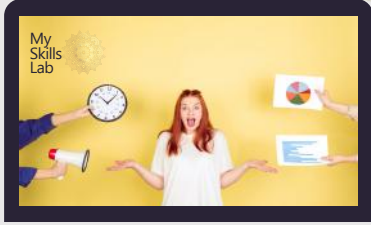
1-1 COACHING
ONLINE



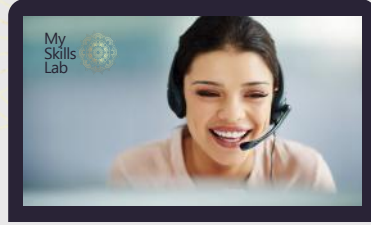
ACTION PLAN

OUR MYSKILLSLAB PORTFOLIO

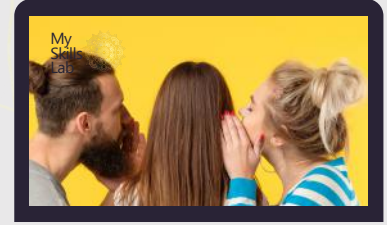
Our portfolio covers a diverse array of topics, including leadership development, communication skills, problem-solving, team collaboration, emotional intelligence, time management, and much more. Each program is crafted with precision, drawing upon the latest industry insights and best practices to deliver practical, actionable knowledge that can be immediately applied in real-world scenarios.



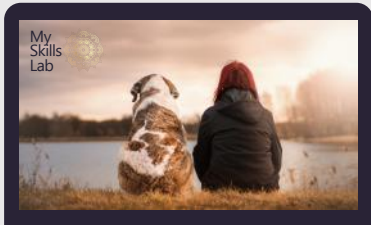
TIME MANAGEMENT



COMMUNICATION SKILLS



THE POWER OF
PERSUASION



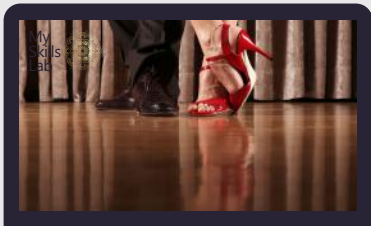
THE POWER OF
TRUST



MEANINGFUL
INTERVENTIONS



MEETING /
WORKSHOP
FACILITATOR



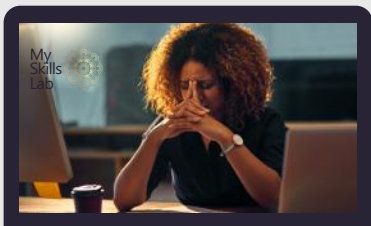
THE POWER OF
PASSION



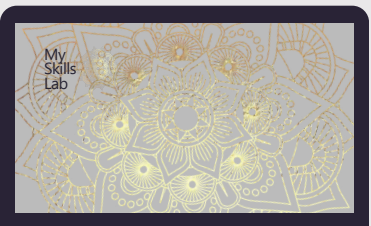
THE POWER OF A
MEASUREMENT
MINDSET



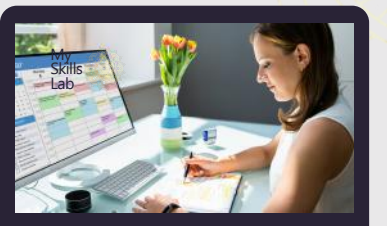
MANAGING UP



ENERGY AND TIME
MANAGEMENT



ABOUT YIN AND
YANG



CAPACITY PLANNING

OUR MYSKILLSLAB PORTFOLIO



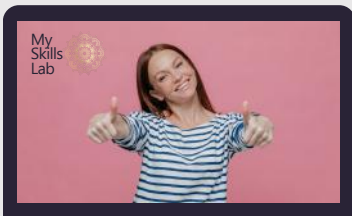
**DYSFUNCTIONAL
TEAMS**



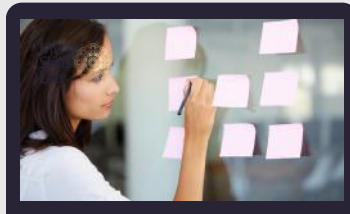
PRESENTING SKILLS



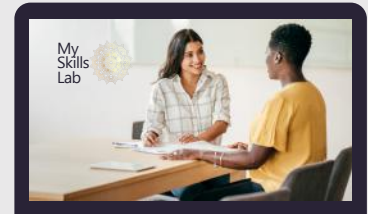
**THE POWER OF
NEGOTIATION**



BODYLANGUAGE 1.0



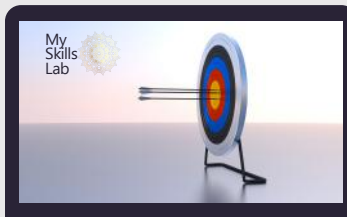
**THE POWER OF
DELEGATION**



**INTERVIEWING
SKILLS**



**THE POWER OF DEEP
WORK**



SAFETY IN TEAMS



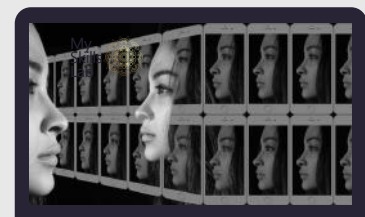
INCLUSION 2.0



**CHANGE AND
TRANSFORMATION**

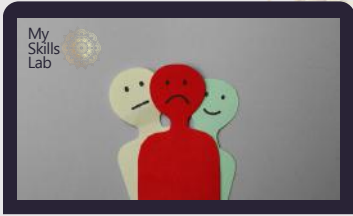


**INDIVIDUAL AND
TEAM PERFORMANCE**



**MY PERSONAL
BLUEPRINT**

OUR MYSKILLSLAB PORTFOLIO



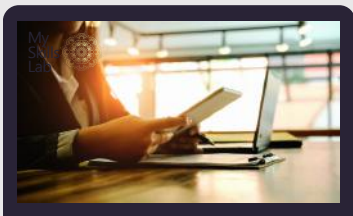
EMOTIONAL INTELLIGENCE



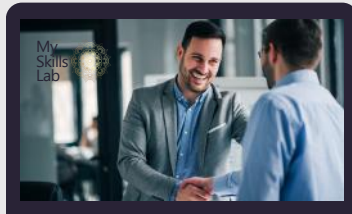
HEALTHY BOUNDARIES



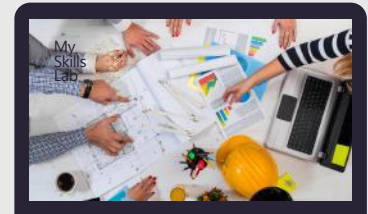
CONFLICT HANDLING



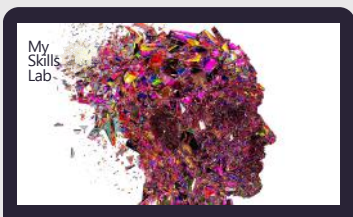
THE CORPORATE LIFE CYCLES YOU NEED TO KNOW



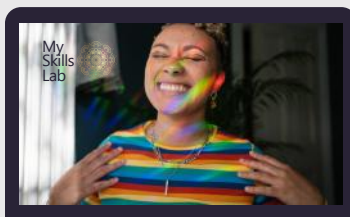
ONBOARDING AS A NEW LEADER



PROJECT MANAGEMENT 2.0



MBCT



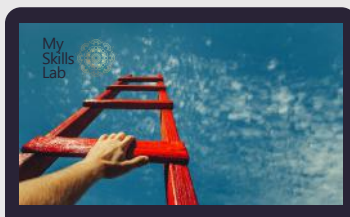
NEURODIVERSITY IN BUSINESS



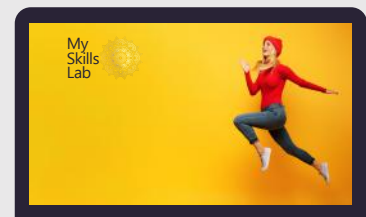
I AM THE NEW MANAGER



OKR AND BUSINESS HARMONIZATION



CAREER DEVELOPMENT



HOW TO MAINTAIN YOUR ENERGY LEVELS



PARTNERSHIPS



New Partnerships

The Swiss Nakheel Group is a trailblazer in digital marketing. This collaboration is a reflection of our shared dedication to delivering innovative and impactful solutions for our clients. Since its launch in 2017, Nakheel Group has built a stellar reputation across industries, known for its commitment to quality and forward-thinking strategies. Together, we're taking this expertise to the next level by focusing on one of the most dynamic markets—Saudi Arabia—with a special emphasis on leadership development.

Our joint mission? To empower the next generation of leaders, with a particular focus on fostering the growth of female leaders. By combining our strengths, we're setting out to create transformative change and raise the bar for leadership excellence across the region.

This partnership isn't just about collaboration—it's about shaping a brighter, more inclusive future for leadership.



WWW.NAKHEELGROUP.CH

The OKR Institute is a global leader in transforming teams and organizations through Objectives and Key Results (OKRs). Since 2017, the OKR Institute has trained over 41,500 participants, worked with 900+ organizations across 50+ countries, and built a reputation as an authority in OKR implementation, coaching, and certification.

Their approach goes beyond setting goals—they focus on creating a performance culture that drives alignment and sustainable success. Together, we're empowering leaders and teams to achieve impactful outcomes and unlock their full potential.



WWW.OKRINSTITUTE.ORG



My Skills Lab



PRACTICALITIES



COMMUNICATION

BUSINESS HOURS



Our regular business hours are from Monday to Friday, following the Central European Time (CET) zone. During these business hours, our dedicated team is available to assist you with any inquiries, provide support, and address any concerns you may have. We are committed to ensuring a prompt and professional response to all customer interactions within these designated hours.

PREFERRED CONTACT METHOD



For a seamless and integrated experience, we highly encourage utilizing the Personal Learning Environment (PLE) within MySkillsLab. This dedicated platform provides a centralized hub for accessing course materials, engaging in discussions, and connecting with instructors and fellow participants. If you prefer a more traditional method, you can always reach us via email at contact@myskillslab.eu. Our dedicated team closely monitors this channel and ensures timely responses to any inquiries, questions, or concerns you may have. Feel free to share your thoughts, seek assistance, or provide feedback, and we will be delighted to assist you promptly.

RESPONSE TIME



We strive to provide timely assistance and support to our valued customers. While we endeavor to respond to all inquiries as quickly as possible, we commit to a maximum response time of 48 hours, whenever feasible.





CONSIDERATIONS

Before we embark on our transformative journey together:

BEFORE WE START

Before we embark on our transformative journey together, we ensure a smooth intake and payment process. Our team will guide you through a comprehensive intake procedure to understand your unique needs, goals, and expectations. We value transparency and open communication, so you can expect clear guidance on the program selection, pricing, and payment options. Rest assured, we are here to make the process seamless and hassle-free, ensuring that you have all the necessary information to get started.

THINGS TO NOTE

At MySkillsLab, our General Terms and Conditions (GTC) serve as a guiding framework for our collaboration. We recommend carefully reviewing our GTC, as they outline the rights, responsibilities, and expectations of both parties. These terms form the foundation of our working relationship and ensure clarity, fairness, and mutual understanding throughout our engagement. Should you have any questions or concerns regarding our GTC, our dedicated team is always available to address them and provide the necessary clarification.

EXPECTATION

We firmly believe that success in personal and professional development relies on the active motivation and commitment of the participants. While we provide comprehensive materials, tools, and guidance, the participant's intrinsic motivation plays a crucial role in achieving meaningful results. We encourage participants to approach the programs with an open mind, a willingness to learn, and a dedication to applying the acquired knowledge and skills in their everyday lives. Together, we can unlock their full potential and drive transformative growth.

COPYRIGHT TRANSFER

At MySkillsLab, we take pride in the content we create and provide to our clients. Unless otherwise agreed upon, the copyright ownership of the materials, resources, and intellectual property used in our programs remains with MySkillsLab. This ensures the integrity, consistency, and quality of our offerings. We are committed to protecting our intellectual property while delivering exceptional value to our clients. Should you have any specific requirements or considerations regarding copyright ownership, please let us know, and we will be happy to discuss and accommodate your needs.



VALUED COLLABORATIONS

TEDEd



Nakheel
GROUP

Your logo here?



nu



INTAKE FORM

PERSONAL CONTACT INFORMATION

Full Name	<input type="text"/>		
Company	<input type="text"/>	Location	<input type="text"/>
Position	<input type="text"/>	Department	<input type="text"/>
Email	<input type="text"/>	Phone	<input type="text"/>

TRAINING REQUEST

Topic	<input type="text"/>	Purpose	<input type="text"/>
Training dates	<input type="text"/>	Duration	<input type="text"/>
Format	<input type="text"/>	Participants	<input type="text"/>

LEARNING OBJECTIVES

Objective 1	<input type="text"/>
Objective 2	<input type="text"/>
Objective 3	<input type="text"/>

BUDGET AND RESOURCES

Budget	<input type="text"/>
Resources	<input type="text"/>

EVALUATION REQUIREMENTS

NOTES

TESTIMONIALS

THE THINGS THEY SAY ABOUT US

My
Skills
Lab



This course is special and really different



The theory in the module is very interesting and I enjoy applying it to my daily life. I loved how doing the work required in each module is a way to know myself better and set up goals in a different way that I had done before, the course gives another perspective in many aspects of life



I love how authentic and engaging this course has been. A true gem that is allowing me to pause, reflect and re-assess my short and long term goals



What I liked the most about this module, is the holistic take on how our perception of our own self influences how we experience life



Working with you was an enlightening experience. You showed us that the unachievable can be achieved



You always let me feel the consequences of my mistakes, though you protected and trusted me in the process. I learnt and grew incredibly from your coaching

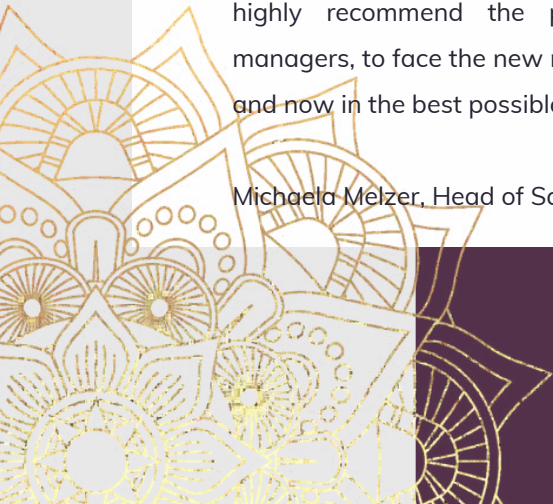


TESTIMONIALS

THE THINGS THEY SAY ABOUT US

As the Leader of IGTD Sales Support International within Philips I have chosen this leadership program for my Leaders because it is a holistic program specifically designed to meet the needs of female leaders. The entire training builds on each participant's personal strengths. To do this, these strengths and passions are identified and strengthened in advance. Based on this, the program includes not only the classic information about leadership, but also completely new approaches that you can implement and apply directly with your team and in real life situations over the five months journey. With this method, you capture piece by piece your own authentic way of leading based on trust and your personal strengths. Participants were able to complete the courses at their own pace and then share their experiences in the group sessions. From the first day, I noticed a positive dynamic within the group and watched the changes grow steadily. As a result, our performance has increased massively and our attrition rate has come down to 0. The team perceives that we as a company are investing in our talent and ensuring that they are optimally equipped to meet the growing demands. As a side effect, I have also noticed that the department has become more attractive as a potential place to work and people have become more engaged in working together. The employees are proud to be part of the team, are more satisfied and loyal to the company. I would definitely highly recommend the program, even for experienced managers, to face the new realities and challenges of the here and now in the best possible way.

Michaela Melzer, Head of Sales Support International



TESTIMONIALS

THE THINGS THEY SAY ABOUT US



تجمع الرياض الصحي الأول
Riyadh First Health Cluster

To whom it may concern

People say change is hard. It is, but it is much more achievable when you have **Andreas Pratanos** as your coach to guide you through the process. I was lucky to have **Andreas** as an executive coach during a period of time where I needed to change my leadership style. I learned a lot from him on dealing with leadership challenges, building a high-performing team, and providing a vision to guide and unify the team. Once **Andreas** helped me identify leadership areas to work on, he was tireless in making sure those new habits stuck. I attribute a lot of my success in navigating a difficult period in my career to **Andreas**.

Andreas gets my highest recommendation as an executive coach. His unique ability to recognize, understand, and explain complex business relationships has revolutionized my thinking, and most importantly, my actions. Along the way there have been surprising (and sometimes painful) personal realizations, but **Andreas'** coaching made me a better person every day, both at work and at home. **Andreas** did not hesitate to tactfully, but directly point out areas that needed to be considered a different way and proved to be right 100% of the time with his observations, opinions, and suggestions. I name **Andreas** as one of the top contributors to the success that I enjoy as a leader today.

Sincerely,

Dr. Anwar H. Alenazi

Vice-president Healthcare delivery
at Riyadh first Health cluster,

SPEAKER THOUGHTS & LEADERSHIP TOPICS



Petra Stormen
Founder MySkillsLab

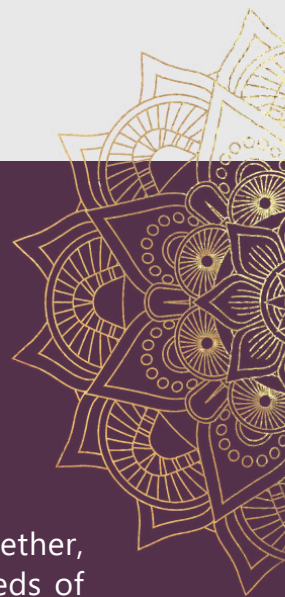
- Beyond Leadership: Transforming the Game through Authenticity
- Women in Leadership: Breaking Internal Barriers to Thrive
- Resilient Leadership in Uncertain Times: A Critical Imperative
- From Personal Growth to Organizational Excellence: Mastering Transformational Leadership



PRESS & MEDIA FEATURES




TED Ed: [Beyond Leadership: How MySkillsLab is Transforming People Into Global Game-Changers](#)



PARTNERSHIPS & COLLABORATIONS

At MySkillsLab, we value collaboration and shared expertise. By working together, we can create impactful leadership development solutions tailored to the needs of organizations and individuals. If you're interested in exploring opportunities to collaborate or partner with us, we'd love to hear from you. Together, we can support leaders in achieving their full potential.


Reach out to us today to learn how our tailored coaching, training, and retreats can support you and your organization. We're here to design a program that fits your needs and helps you reach your goals.



Select a Date & Time

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Time zone
🌐 Central European Time (14:51) ▼



MySkillsLab
Discovery Call : MySkillsLab

🕒 15 min

📄 Web conferencing details provided upon confirmation.

Hello!

Thank you for expressing interest in connecting with us! During this short discovery call, we'll have the opportunity to discuss your specific needs and how our solutions can address them effectively. Our team is committed to providing

Phone Number
+31 6 288 11 251

E-mail
contact@myskillslab.eu

Website
www.myskillslab.eu