

Kontexst

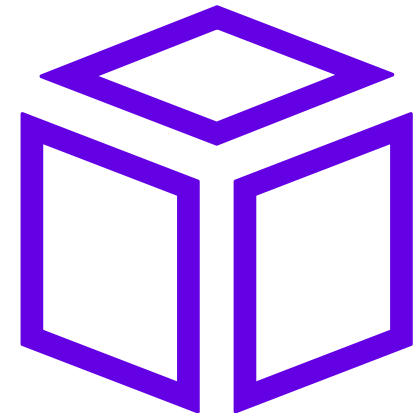
At Kontexst, we empower individuals and teams to communicate effectively, navigate conflicts, and lead with empathy. Through interactive workshops and personalized coaching, we help professionals develop essential skills in perspective-taking, emotional intelligence, and leadership.

Our approach blends cognitive science, behavioral psychology, and real-world application, ensuring lasting impact.

Offerings:

- Onsite & online corporate training
- One-on-one coaching

Please note, all trainings are adaptable to your companies need, from main focus topics to duration.



From Conflict to Connection

- ✓ Duration: Half-day (4 hours)
- ✓ Format: Onsite or virtual, interactive workshop
- ✓ Ideal for: Teams, managers, HR professionals, and leaders who want to foster a collaborative work environment

What's Included:

- 📌 Engaging in-class exercises – Participants practice real-world conflict scenarios
- 📌 Worksheets & practical tools – Strategies for navigating tough conversations
- 📌 Roleplay activities – Hands-on learning to develop conflict resolution skills
- 📌 Guided self-reflection – Understanding personal conflict styles

Key Learning Areas:

- Understanding the root causes of workplace conflicts
- Developing empathy & perspective-taking in disagreements
- Using de-escalation techniques to resolve tension effectively
- Communicating assertively while maintaining psychological safety
- Building a culture of trust & collaboration

Thriving Under Pressure

- ✓ Duration: Half-day (4 hours)
- ✓ Format: Onsite or virtual, interactive workshop
- ✓ Ideal for: Professionals in high-pressure roles, leaders, and teams navigating demanding environments

What's Included:

- 📌 Hands-on decision-making exercises – Simulating high-pressure scenarios
- 📌 Worksheets & stress management frameworks – Practical tools for self-regulation
- 📌 Group discussions & case studies – Learning from real-world examples
- 📌 Mindset training techniques – Strengthening emotional resilience

Key Learning Areas:

- Recognizing and managing stress triggers in high-stakes situations
- Making clear, strategic decisions under pressure
- Strengthening emotional intelligence & composure
- Using breathing & cognitive reframing techniques to stay focused
- Enhancing mental agility & adaptability in fast-paced environments

One-on-One Coaching

- ✓ Duration: Flexible (60-90 minute sessions)
- ✓ Format: Virtual or in-person
- ✓ Ideal for: Professionals, managers, and leaders looking for personalized development in communication, leadership, and conflict resolution

What's Included:

- 📌 Personalized coaching plan – Tailored to your goals and challenges
- 📌 Practical exercises & reflection tools – Worksheets and strategies for growth
- 📌 Real-world application – Roleplays and scenario-based learning
- 📌 Ongoing support & accountability – Action steps between sessions

Key Focus Areas:

- Leadership & Executive Presence: Build confidence, clarity, and influence
- Conflict Resolution & Difficult Conversations: Navigate workplace tensions effectively
- Communication & Emotional Intelligence: Strengthen interpersonal skills and team dynamics
- Resilience & Mindset Coaching: Manage stress and maintain focus under pressure

Contact us

At Kontextst, we don't just teach skills—we transform the way people think, collaborate, and lead.

- 💡 Science-backed methods based on cognitive & behavioral research
- 🎭 Engaging, hands-on training with roleplays & real-world scenarios
- 📈 Results-driven approach tailored to your team's unique needs

✉️ Let's Talk!

Get in touch to explore how we can support your team's growth.

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