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Moscow Training Centre, LTD

Personal Development and Leadership Courses Coaching Teambuilding

Since 2000 Moscow Training Center's team has been working in the domain of personal growth and self-improvement, using the experiential learning model of education.

Educational Model

Experiential model is proved to be the most effective tool in adult personal development. Unlike didactic learning, which implies mainly reading books, listening to the lectures and memorizing different information, experiential learning provides direct experience through various activities and exercises. This experience, followed by comprehensive reflection and application of key learning points to everyday life, form the unique combination that leads to significant improvements in participants' attitudes, life and behavioral patterns.

These paradigm shifts provide positive changes in the main spheres of our graduates' life.

Results of the Program

Our graduates report that the following areas expanded in their personal development:

Increasing of Emotional Intelligence:

- self-awareness (understanding of your own moods and emotions and how they impact others)
- self-regulation (thinking before you respond, and suspending judgment of others and yourself)
- self-motivation (developing a passion for what you do and pursuing goals with energy and persistence)
- empathy (understanding emotions of other people and developing compassion and understanding)
- social skills (the ability to develop rapport and intimacy to create and manage relationships)

Strong team players capacities:

- integrity
- commitment and responsibility
- competence
- consistency

Goal setting, planning and time management are also among the skills that participants gain during the program.

These personal strong suits and values give our graduates the opportunity to create the desired results in the main areas of their life: **relationships, career and business development, creative expression, health.**

The Training Structure

Course curriculum consists of three parts:

-Basic Course

-Advanced Course

-Leadership Program

Basic Course

Basic Course is an experiential workshop that lasts 3,5 days (Friday, Saturday, Sunday and post training event on Monday).

Basic Course is an opportunity to become aware of the main patterns and strategies that determine your attitude to life, people, and results. It is also a point where you can clarify your values and vision for your life.

As you discover them, you will have the option to choose the strategies of behavior that lead directly to your vision and goals. As a result you will attain the goals that are important to you with less stress and resources.

In Basic course we use the following forms of exercises:

Interactive Discussions/Lectures

In this part of the training the trainer will present different topics (i.e. responsibility, trust, interpersonal communication) and will share a particular point of view about these issues. An opportunity here for you is not to immediately agree or disagree with the trainer, but rather to observe your reaction on the subject and discover what is the underlying pattern or point of view under this reaction. By self-observing and sharing you will learn more about you commitments, life strategies and relationships.

Dyads

In this form of communication you will work with a partner that you did not know before the training course. For example, each of you will complete the sentence or tell a story, or express your point of view on some topic. Dyad is a form of work, which supports you in exploring your personal issues, and you will support your partner in doing the same work.

Mingles

Mingle means that you will move in the room and have short interactions with many people. The trainer will structure this communication.

Small Group Exercises

At the beginning of the training you will choose a small group with an average of 10-12 other participants. During the training, you will meet with your small group to discuss what you are learning, share the results of your home tasks and participate in some exercises. You will have a group facilitator from the training staff, who is a volunteer from course graduates.

Visualization

The trainer will guide you through a creative visualization and your task will be to imagine some situations, some of them might have taken place in your life, some of them focus on your future. Visualization is a powerful tool for creativity development, relaxation and emotional healing.

Games

You will, as part of a group, play games to learn about the strategies you use in team work and create new effective ways of communication with other people and team

building.

Sharing

Communication is an important part of experiential learning. You will be talking about your key learning points from the course as well as support other participants by your authentic listening.

Interactions with the Trainer

Throughout the course you might choose to interact with the trainer in direct communication. We strongly encourage you to use this opportunity for your personal growth. The trainer will coach you from the point of your extraordinary possibilities and new opportunities and choices. Although it might be challenging to accept the responsibility and leave your comfort zone, we ask you to focus on possibilities rather than on your life circumstances in order to get maximum effect from your communication with the trainer.

Homework

Each day you will have a follow up session where you will get your homework. The homework is directly related to the training material and categories that you have studied during the day. While doing these assignments you will be directly applying new skills that you have learned on daily basis. Homework should be completed by the beginning of next day sessions.

Course schedule

The hours of the session are stated approximately and can be changed depending on the training flow!

Friday

10.00-11.00	Participants registration
11.00-13.30	Introductory Lecture
13.30-14.00	Coffee break
14.00-16.00	Ground rules, «get to know each other» exercise
16.00-18.00	Lunch break
18.00-20.00	Interactive game on basic principles of team play and interpersonal relationships
20.00-21.00	Reflection, follow-up

Saturday

10.00-11.00	Participants registration, previous day and home work review in small groups
11.00-12.00	Group Sharing
12.00-12.30	Lecture on responsibility, discussion
12.30-13.30	Exercise based on the previous lecture, reflection
13.30-13.45	Coffee break
13.45-14.15	Lecture on the value of trust and self-respect
14.15-14.45	Exercise, reflection
14.45-15.15	Lecture, discussion
15.15-16.00	Exercise, reflection
16.00-18.00	Lunch break
18.00-20.00	Exercise on interpersonal communication
20.00-21.00	Reflection, follow-up

Sunday

10.00-11.00	Participants registration, previous day and home work review in small groups
11.00-12.00	Group Sharing
12.00-12.30	Lecture on self-motivation
12.30-13.30	Exercise based on the previous lecture, reflection
13.30-14.00	Coffee break
14.00-14.30	Lecture on goal setting and achievement
14.30-15.30	Exercise on goal setting and dealing with external circumstances
15.30-17.30	Lunch break
17.30-19.00	Questions and answers
19.00-19.30	Follow-up
19.30-20.30	Graduation event

Monday:

18.00-19.30 Post training event (sharing, exercises)

Advanced course

Advanced course is a break-through intensive training course. Its` duration is six full days, from Wednesday till Sunday (11.00-23.00) and post training event on Tuesday (13.00-19.30).

In the Advanced Course you will work in the space and structure, which is similar to the Basic Course, it is based on deep emotional work that you do in the exercises, reflection and homework assignments. You will integrate the categories of the Basic Course, as well as get to know the new definitions and approaches, effective tools to regulate your emotional state, learn how to deal with crisis situations, use your creative thinking potential.

Advanced course is an opportunity to understand how to build your life based on integrity, how to give and receive feedback, use breakdowns and shift from non working strategies, patterns and negative energy to committed actions that lead to your goals and vision. You will clearly see where in your life you loose your power on non important things that fill in your days but empty your heart, understand what is the reason behind these actions and create the ability to enroll yourself in the activities that challenge you and bring to the next level of your development.

During these days you will let go the beliefs and holding patterns that prevented you from achieving extraordinary results on emotional and mental level.

You will get the tools for creating your future the way you dream it to be, you will transform your relationships with fear, negative self-esteem, access your authentic self, energy and new possibilities.

Advanced course is exploring the question of realizing the maximum of potential that lies within each of us, of human wholeness and inner freedom.

Leadership Program

Leadership Program is the third part of the curriculum.

It is designed as a four months process that includes three workshops in class (four days each) and 100 days of personal daily coaching on implementing the skills you acquired in Basic and Advanced Course. First workshop takes place at the beginning of the program, second one is approximately after two months, third is at the end of the course. You do not need to live in Moscow for 120 days to complete the Leadership Program, but you need to attend 3 workshops, which are called LP Week Ends.

You will work in the team of 30-35 members, supported by the training staff and achieve three objectives in the areas of life that you consider to be the most important (career, health, relationships, etc.). You will also be engaged in community service activities for two hours a week.

It is proven by the psychologists that the human beings need minimum of three months of constant practice for the new skills to become a new habit. That is why our program curriculum includes Leadership Program as an essential part. Without daily practice and team support the new strategies in life could hardly be implemented.

Integration of the categories of Basic and Advance Course together with team work will transform your life and the life of the people around you and your new skills will root in your character, providing sustainable growth through all your life.

Our Leadership Program graduates are proud of their course results, such as increasing of income in three times within four months, organizing successful start-ups in various kinds of business, winning the world championships in martial arts, breakthroughs in relationships in family life, weight loss and healthy life plan integration, artistic talent realization.

Trainers

Roman Tikhonov

Roman is Basic and Advanced Course trainer.

He has his degree in history, sociology and linguistics at Moscow State University.

In 1996-1998 he started his intensive preparation and worked together with such coaches as Alexander Everett, John Hanley, Jim Hellam, Terry Nelson, Silvia Badasci, Michael Burnett, Helen McQuayd, Michael Rosso, Lisa Kalmin.

Roman is certified Basic and Advanced Course trainer with 15 years of experience, which is enhanced by participation in various workshops and trainings in Europe and USA: Alexander Everett's Seminars and retreats, Landmark Forum and Hoffman Institute program, as well as many retreats in India and China .

Since 1996 he has been working as a trainer in the domain of personal growth and development, as well as personal Coach and business/corporate training facilitator.

From 2000 Roman is the leading trainer in Moscow Training Center.

His experience includes trainings in different cities of Russia, USA, Latvia and Panama. More than 16.000 graduates, Corporate work with Coca Cola, Price Waterhouse Coopers, KPMG and many more national brand companies.

Natalia Tikhonova

Natalia is a Leadership Program trainer in Moscow Training Center.

She has a Law and Psychology degrees in Moscow State University.

Natalia has successful substantial experience in this area for more then 18 years and more then 80 teams completed the Leadership Program.

She was trained for Leadership Program coaching by William Godbey and Carl Gersten – certified Leadership Program Trainers and Coordinators.

Natalia leads workshops on time-management, planning and effective goal setting, vision building, effective communication.

She is also a specialist in organizational consulting, psychodiagnostics, team building and management.

As a coach and a trainer she continuously communicates with current Leadership Programs and her graduates to inspire them for creation of extraordinary results in their life.

Her versatile experience and profound theoretical background provide the unique combination that facilitates the constant development and expansion of the teams and individuals she is working with.

Course dates and Tuition

Basic Course

July 22-24,25

Advanced Course

August 24-28,30 or September 21-25,27

Leadership 90 (after Advanced Course in August)

1 WE September 8-11

2 WE November 24-28

3 WE January 2012

Leadership 91 (after Advanced Course in September)

1 WE October 6-9

2 WE December 15-18

3 WE February 2012

Tuition:

Basic Course: 17500 Rub /583 USD/440 Euro

Advanced Course: 25 000 Rub/833 USD/625 Euro (when it is paid before the Basic Course starts)

29 900 Rub/1000 USD/750 Euro (when it is paid after the Basic Course graduation)

Leadership Program: 33 000 Rub/1100 USD/825 Euro

The tuition for the Leadership Program can be paid in two parts- 16500 Rub before 1 WE, 16500 Rub before 2nd WE

Tuition is paid in rubles. Price analog in dollars and euros may differ depending on actual currency rates.