



**LEADERSHIP AND SELF-DEVELOPMENT  
PROGRAMME FOR YOUNG PEOPLE**

[www.medzantraining.com](http://www.medzantraining.com)

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# About Us

We are a training company offering innovative, fun and interactive leadership and character development programmes for young people aged 14 onwards.

Effectiveness is at the heart of what we do, so we have created a programme that really motivates, inspires and helps young people, including students, to overcome challenges and fulfil their potential.

‘We are big kids at heart, so our unique approach is to deliver fun ways to engage with young people to get results for your school, college or community.’ Sylvie Aboa-Bradwell

## Meet the Team



**Sylvie Aboa-Bradwell**, CEO of Medzan Training, is a highly experienced educator, think tank founder and director, writer and entrepreneur. Sylvie won the 2013 Diaspora Award for Community Education, and was short-listed as Career Woman of the Year, Author of the Year and Role Model of the Year in 2013 Women for Africa Awards, and a finalist for the 2014 Achievers Awards in the category of Excellence in the Diaspora. Sylvie is a non-executive director of the diplomatic consultancy Grassroots Diplomat, and one of the Royal Society of Arts’ Diaspora Change Makers. She is fluent in English, French, Spanish and several African languages, and has produced articles and comments for numerous media including The Guardian, BBC, Vox Africa, the Times, The Huffington Post, TeamPlayer 360, the Sunday Times, AllAfrica.com, and Arise News.



**Martin Armitage-Smith** is co-director of Medzan Training. Martin is a graduate from the University of Cambridge who has worked for 25 years in finance. During his career, Martin has progressively explored connections between markets and other disciplines: such as psychology, ecology, systems theory and consciousness, which led him to complete an MA in Psychosynthesis Psychology. Martin co-founded Motherland Entertainment, a talent agency managing African artists, including Youssou N’Dour of Senegal. He is also the founder of Cedar Tree Coaching, and is involved in the financing and emergence of revolutionary green energy technology.

**For further information, please contact us:**

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# Leadership and Self-Development Programme

Our Leadership and Self-Development Programme is designed to help school children aged 14 onwards, university students, recent graduates and other young people to develop personal and career skills that will enable them to thrive in life, become more employable and overcome their challenges and fears.

Our unique training method includes a combination of motivational sessions, humorous tales, role plays and practical exercises, and effective tips to help young people fulfil their objectives.

In addition, we teach young people how to use our very effective roadmap to success, which is made up of 6 easy steps.

Our objectives are:

- To boost young people's self-confidence and resilience
- To develop their leadership skills
- To improve their public speaking skills.

## How will your youths benefit:

- You will notice a boost to their self-confidence and resilience
- You will notice their improved leadership skills
- They will have improved focus
- You will experience them overcoming their weaknesses and challenges.

If you have young people with these challenges then we can help: low self-esteem, lack of motivation, fear of public speaking, overweight and bullying.

- Your youths will be clearer about how they can differentiate themselves from others
- Our session will improve their resourcefulness and effectiveness
- You will notice an improved sense of purpose.

## Duration and Times

Our Leadership and Self-Development Programme runs for 2 days from **10.00am to 4.30pm each day**.

We also provide advanced programmes that run for 5 days from (10.00am to 4.30pm each day) or we are able to design and create a bespoke programme for you depending on your requirements.

# Number of Participants and Price

Our Leadership and Self-Development Programme is ideal for **small groups of no more than 24 participants**. This allows young people to receive one-to-one attention that will enable them to make the most of the training, and ultimately, translate what they have learnt into concrete results.

We believe *“that education should be affordable for everyone”* and so we have made it our goal to keep our prices affordable at £300 per participant.

## Testimonials from Our Clients



**Ms Silvana Stoicescu, Researcher (Recent Graduate)**

Having completed an MA at a very prestigious UK university, I was expecting everything to be plain sailing in terms of my professional and personal ambitions. But I soon realised that my academic achievements did not count for much in the real world. The self-development programme of Medzan Training is what has enabled me to become more effective, confident and resourceful.



**Mr Gavin Simpson, Head of Economics, Dame Alice Owen’s School**

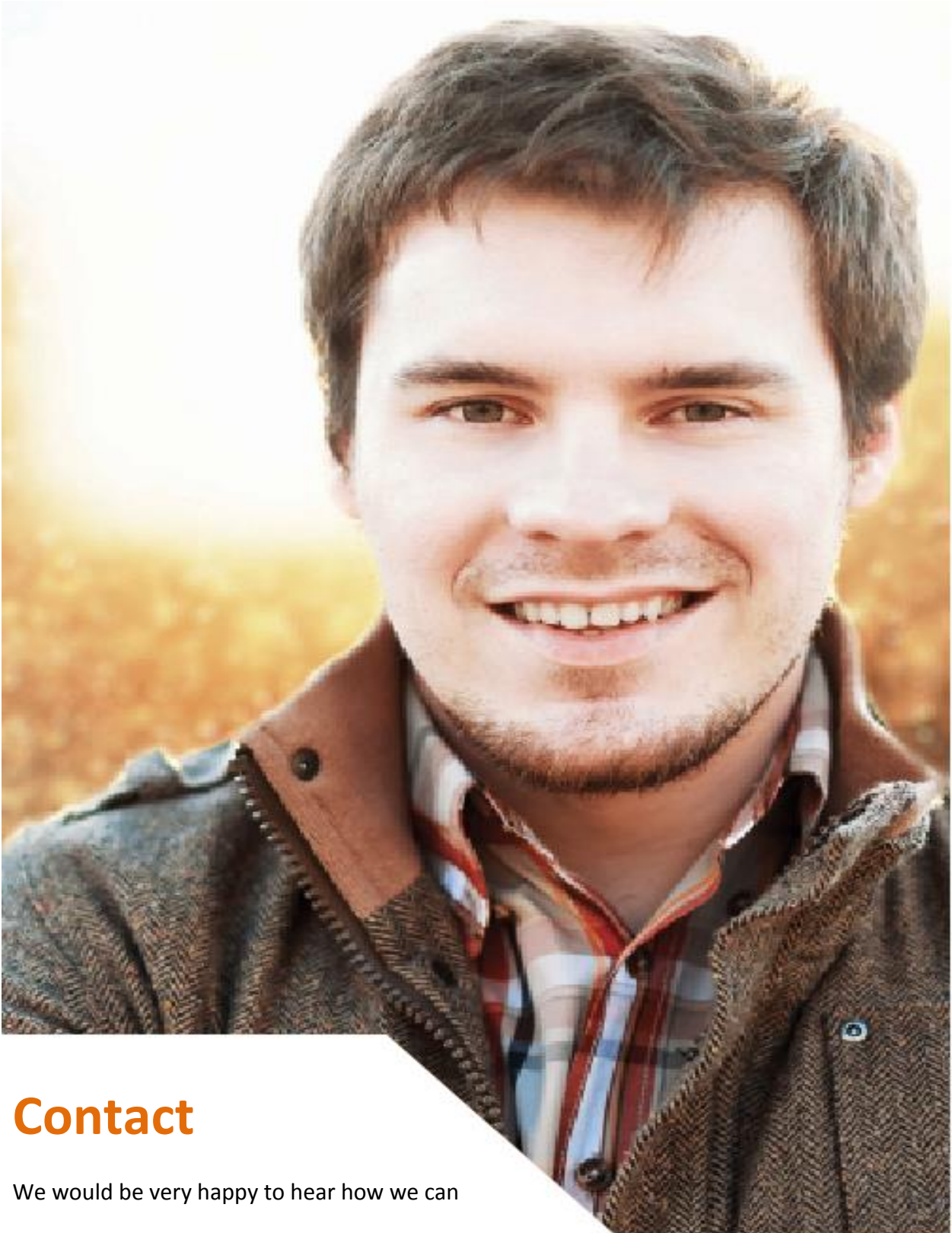
Ms Aboa-Bradwell is absolutely superb at talking to young people, motivating and guiding them. Her passion, outstanding communication skills, and knowledge of topics that are of interest to students all combine to render her sessions very engaging and illuminating.

## Connect with us

To connect with us on LinkedIn click [here](#)

To connect with us on Facebook click [here](#)

To connect with us on Twitter click [here](#)



## Contact

We would be very happy to hear how we can support your young people's leadership and confidence skills.

Please call us on **(+44) (0) 1634 573 619** or **(+44) (0) 7952 051 994** or e-mail [admin@medzantraining.com](mailto:admin@medzantraining.com). You may also contact us by post, **Kemp House, 152 City Road, London, EC1V 2NX**, or visit our website at [www.medzantraining.com](http://www.medzantraining.com) .