



LEADERSHIP AND SELF-DEVELOPMENT PROGRAMME FOR PROFESSIONALS

www.medzantraining.com

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About Us

We are a training company offering innovative and transformational leadership and self-development programmes for professionals, including graduates, executives and senior managers.

Effectiveness is at the heart of what we do, so we have created a programme that really motivates, inspires and helps our clients to harness their potential and overcome their challenges.

‘We are fully committed to satisfying our customers and thus, we have a highly effective, results-focused approach to enable them to achieve their goals.’ Sylvie Aboa-Bradwell

Meet the Team



Sylvie Aboa-Bradwell, CEO of Medzan Training, is a highly experienced entrepreneur, think tank founder and director, writer and educator. 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 Cambridge University 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 has led him to study for an MA in Psychosynthesis Psychology. Martin is co-founder of 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:

Email: admin@medzantraining.com **Tel.** 01634 573 619 / 07952 051 994

Leadership and Self-Development Programme

Our Leadership and Self-Development Programme is designed to help professionals, including graduates, executives and senior managers to develop personal and career skills that will enable them to achieve their professional goals, while also helping them to overcome their challenges and fears.

Our training method includes a combination of motivational sessions, humorous tales, group participation, character building scenarios and practical exercises, and effective tips to help professionals fulfil their objectives.

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

Our objectives are:

- To boost professionals' motivation, self-confidence and resilience
- To develop their leadership skills
- To improve their public speaking skills

Your benefits are:

- Boosting your motivation, self-confidence and resilience
- Developing your leadership skills
- Discovering the power of focus
- Becoming equipped to overcome weaknesses and challenges; if you face these challenges then we can help: low self-esteem, lack of motivation, lack of self-confidence and fear of public speaking
- Enabling you to differentiate yourself from others
- Becoming resourceful, adaptable and effective
- Learning how to relax
- Maximising and fulfilling your potential
- And gaining an effective roadmap to Success.

Duration and Times

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

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 delivered to **small groups of up to 24 professionals**. This allows you to receive one-to-one attention and network in a close-knit environment that will enable you to make the most of the training, and ultimately, translate what you have learnt into concrete results.

We believe *“that professional and personal improvement should be affordable for everyone”* and so we have made it our goal to keep our prices affordable at £400 per participant.

Testimonials from Our Clients



Ms Silvana Stoicescu, Researcher

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 Henry Bonsu, Journalist and International Broadcaster

I have known Ms Aboa-Bradwell and worked with her on many projects for nearly a decade now. She has always been very professional, competent and reliable. As a leadership and self-development trainer, she is outstanding with a wide variety of professionals.

Connect with Us

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Contact

We would be very happy to hear how we can support you to develop your 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 . You may also contact us by post, **Kemp House, 152 City Road, London, EC1V 2NX**, or visit our website at www.medzantraining.com .