



**MARCH 31-APRIL 1, 2021**

# **HOW PREPARED ARE YOU FOR THE WORKPLACE OF THE FUTURE?**

A Virtual Workshop on preparing  
your Professional Transition

[https://www.careermentorme.com/register\\_workshop/workshop\\_registration\\_form](https://www.careermentorme.com/register_workshop/workshop_registration_form)



# Descriptive workshop

Nowadays the workplace is highly demanding and new graduates as well as early career professionals may find it quite challenging to cope with different business situations.

In this workshop we will cover some the main aspects of the workplace, equipping you with the skills you need to handle them successfully.



# Trainer

**KATERINA KALANTZI**

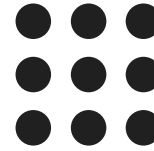
**HR Consultant | Soft Skills  
Trainer | Career Coach  
Optimizze Consulting**

**JULINDA HASA**

**Psychologist | Career & Life Coach |  
Soft Skills Trainer  
Alba Consulting**

**NICK CHERKAS**

**Oxford University Press |  
Educational Consultant | North  
Africa**



## Guest Speakers



# "How prepared are you for the challenges of the workplace"?

## Workshop Agenda

2.30 pm - 5.30 pm UAE  
11.30 am - 2.30 pm ECT

### 31 MARCH 2021

14:00 - 14:05 Workshop Introduction  
14:05 - 14:30 Personal Branding and Career Development  
14:30 - 14:50 Time Management Tips  
14:50 - 14:55 Break  
14:55 - 15:20 Delivering Great Presentations  
15:20 - 15:50 Developing Negotiation Skills  
15:50 - 16:00 Break  
16:00 - 16:45 Nick Cherkas (Guest Speaker)  
16:45 - 17:00 Workshop Recap Day 1, Q&A

### 1 APRIL 2021

14:00 - 14:45 Stress Management (Guest Speaker: Julinda Hasa )  
14:45 - 14:50 Break  
14:50 - 15:30 Conflict Management  
15:30 - 15:40 Break  
15:40 - 16:00 Creative Problem Solving  
16:00 - 16:05 Break  
16:05 - 16:20 Understanding different Cultures  
16:20 - 16:45 How to run effective Meetings  
16:45 - 17:00 Workshop Recap Day 2 and Free Discussion

# Speakers biographies

**KATERINA KALANTZI**

**HR Consultant | Soft Skills  
Trainer | Career Coach  
Optimize Consulting**



Katerina Kalantzi is an HR professional, passionate about learning and development. She is the founder of Optimize Consulting (human resources management services), based in Milan and serving clients in Europe, through a network of consultants. She is currently managing TalentBank- a platform for individuals and companies in Italy and China that offers services such as staff recruitment, corporate training and soft-landing services in both countries.

As a business soft skills trainer, she wants to bring out the best in people and facilitate them in their journey towards achieving their goals, handling challenges and make best use of their potential and talents. She's been delivering academic and non-formal education learning interventions since 2007. What differentiates her is her energetic and engaging style, making learning easy and fun!

## **JULINDA HASA**

**Psychologist | Career & Life Coach |  
Soft Skills Trainer  
Alba Consulting**



Julinda Hasa is a Life and Career Coach at Alba Consulting. She is a Psychologist, experienced Trainer, Life and Career Coach, with 10+ years experience working in the training, coaching in consulting services industry.

During the last 5 years she has trained and coached over 100+ students and employees. During her work she acquired advanced knowledge of principles, theories, and practices in Organizational Development, Leadership Development, Skills Development and innovative training delivery methods. She has strong demonstrated skills as a Psychologist, Trainer, Human Resources professional with a Master of Science (M.Sc.) focused in Organizational Psychology.

## **NICK CHERKAS**

**Oxford University Press |  
Educational Consultant | North  
Africa**



Nick Cherkas is a teacher trainer and ELT specialist with a wide range of experience in diverse sectors. He holds a CELTA, DELTA and MA in Applied Linguistics and TESOL. He has worked in the UK, Australia, Russia, Poland and many countries in the Middle East and North Africa. His working experience has seen him as a teacher, academic manager, teacher trainer, materials writer, examiner, working in language schools, universities and international schools.

His interests include working with minimal resources, teaching listening and pronunciation, teaching with technology and helping teachers to make their classrooms more fun, dynamic and conducive to learning. Nick is based in Casablanca, Morocco, where he works for Oxford University Press as an ELT Consultant, covering North Africa and Malta.