



Mentmove connects people who, with dedication and courage, choose to **take responsibility** for their personal and professional growth.

We have created a brand that designs **unique educational programs**, carefully tailored to each individual or company.

We dare to see things differently, listen attentively, explore new perspectives, and act on a deeper level—because we believe that true change starts from within.

OUR MISSION

With our expertise and motivational approach, we support individuals and companies in developing their full potential and achieving their desired goals.

OUR GOAL

We promote personal and social responsibility while developing skills for growth. Our approach fosters balance, benefiting individuals, organizations, and society as a whole.

OUR TRAININGS

Our programs are holistic, practical, and designed to encourage proactivity, flexibility, responsibility, and agility. Each program is uniquely created and tailored to the needs of individuals or companies.

OUR TRAINERS

Our team of experienced trainers combines professional and life expertise. Through years of working with individuals and companies, they have developed proven methods that drive growth, adaptability, and results.

We do not provide education, we encourage change



Educational programs

Our programs begin with raising awareness of **personal responsibility** and **inspiring** participants to grow. Building on this foundation, they acquire new knowledge and develop new skills.

The pinnacle of our training includes **practicing** acquired skills and deepening **(self-)motivation** to apply them, ultimately optimizing daily efficiency.

Our programs are holistic, practical, and designed to encourage **proactivity, flexibility, responsibility, and agility**.

We specialize in the following training programs:

- Leadership
- Communication skills
- Sales skills
- Empowerment
- Customer Experience
- Presentation skills
- Shadowing
- Internal process blueprinting
- Coaching
- HR consulting
- Mentmove adventures

Our programs are not mutually exclusive—they can be combined and tailored based on an initial consultation and needs analysis through our First Date workshop.

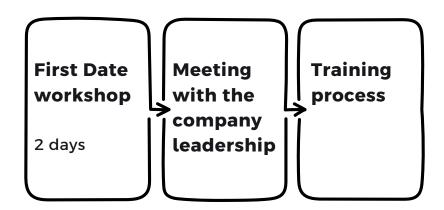




About our in-house training programs:

To truly meet your needs, as the first step, we recommend conducting a **First Date workshop**, which includes an AS IS analysis.

Through this process, we gain a thorough understanding of your company, the needs of key stakeholders, goals, and expectations. Based on this, we create a personalized training program focused on desired changes and the selected area of development.



Want to learn more about our in-house training programs?

Every organization is unique, and our training programs are tailored to your specific needs.

If you'd like us to create a program that best suits your team, feel free to **contact us!**

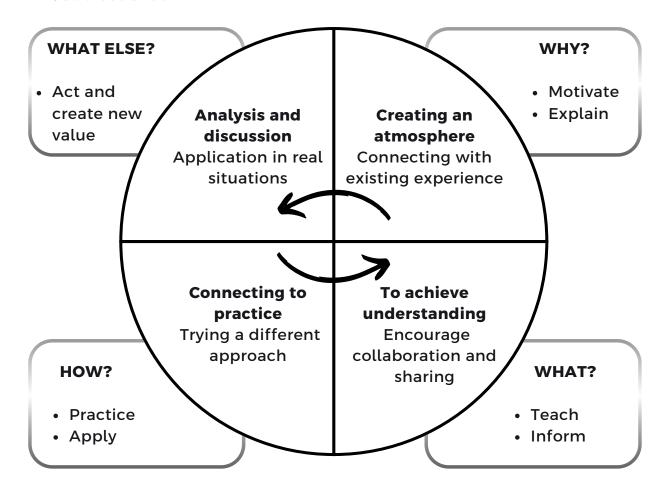
Contact us at: <u>lucija.prebeg@mentmove.eu</u>



Training Methodology

Our workshops follow **a pedagogical-didactic model** that includes:

- Interactive approach and discussions
- Pair work
- Presentations based on real-life participant examples
- Giving and receiving feedback
- Group and individual tasks
- Case studies



Our trainers support you throughout the entire process - from training needs analysis to program evaluation.



Mentmove adventure

Mentmove Adventure is a unique outdoor educational program designed for individuals and teams. Through experiential challenges, participants develop leadership skills, teamwork, and resilience to change—an effective path to strengthening competencies and achieving better business results.



What does a training need to look like to drive real change?

The exercises we use in our training integrate both the left and right hemispheres of the brain—combining cognitive and creative processes. This enriches the learning experience, reduces resistance to change, and increases the likelihood of achieving desired goals.

- Embracing Uncertainty
- Creative combination of outdoor activities
- Personal reflection & increased awareness
- Dialogue on business topics
- Evolving Self methodology
- Goal-oriented focus



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Mentmove Adventure - Open Group

In this format, you join a diverse group of business professionals. The focus is on a combination of personal and professional topics that will inspire your continued growth and development.

Explore all our 2025. adventures and find the one that suits you best!



youtube.com/mentmove/Sailing_10.2024

Mentmove Adventure - Closed Group

This adventure is fully customized to **your team's needs**—from program content to location and duration.

Contact us for more information and to create a tailor-made adventure just for you: lucija.prebeg@mentmove.eu

youtube.com/mentmove/Lokve_06.2024



Who benefits and how?

INDIVIDUALS

They refresh their sense of purpose, values, and vision. Participants typically redefine their focus and priorities at work, adjusting habits and behaviors that no longer serve them effectively.

ORGANIZATION

Gains value as participants bring new knowledge and clarity to the teams they lead. This results in increased focus, energy, and enthusiasm, which become integral to the company culture.

TEAMS

They learn to build trust, communicate more effectively, and align business priorities. Team members develop a sense of personal responsibility for their words, actions, and behaviors.



Join us on a journey of growth and adventure!

Follow us on **social media**, explore our **website**, and subscribe to our **Newsletter** to be among the first to discover new programs, inspiring stories, and exclusive adventures

Newsletter Sign-up Link —— mentmove.eu/newsletter









Who are our trainers?

Mario Grilc, MBA, Senior HR Consultant & Coach

■ More about the trainer

Ana Jadrešin, Senior HR Consultant

More about the trainer