

The background features a complex geometric pattern of overlapping lines in grey and red. A central white hexagon contains the text. Surrounding this hexagon are several overlapping circles, some in red and some in white. The overall design is clean and modern.

MENT
MOVE.

**We do not provide education,
we encourage change.**

Our Approach

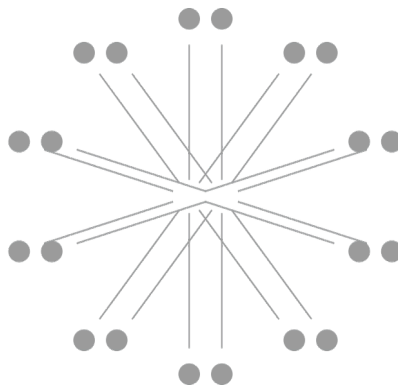
Mentmove is designing and co-creating with its Clients the next level of training with a focus on building **Adaptability**, **Resilience**, and **Sustainability** as a base.

This approach enables **Change Management**, supports **organizational Growth**, and develops innovation capability through investment in **People and Culture**.

Mentmove connects people who, with dedication and courage, choose to **take responsibility** for their personal and professional life using innovative educational methods combining **Psychology**, **Neuroscience**, and **Embodied Cognition**.

Our experience in a large number of companies, and awareness of the mutual synergetic influence of all the stakeholders included makes us the perfect partner to **co-create and design a new learning pathways and help companies to achieve their full potential**.

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**.



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Educational programs

Our trainings and consultancy process begin with raising awareness of **Personal Responsibility** and **Inspiring participants** to develop - on this basis, they build on new knowledge and acquire new skills. Within the training process we are always thinking “**How to align Personal goals with the Company goals?**”

The highlight of our processes includes practicing the acquired skills and deep **(Self)motivation** of the participants to apply them, with the ultimate goal of **Optimizing their Efficiency** on a daily basis with a focus on achieving business targets and results (“**Doesn’t jingle Doesn’t count.**”).

We are specialized in:

- Leadership
- Communication skills
- Sales skills
- Empowerment
- Customer Experience
- Presentation skills
- Shadowing
- Blueprint of internal process
- Coaching
- HR and Business consulting
- Mentmove adventures

Our programs are not “off-the-shelf” – they are tailor-made based on an initial consultation with the Client and AS IS analysis of company needs.

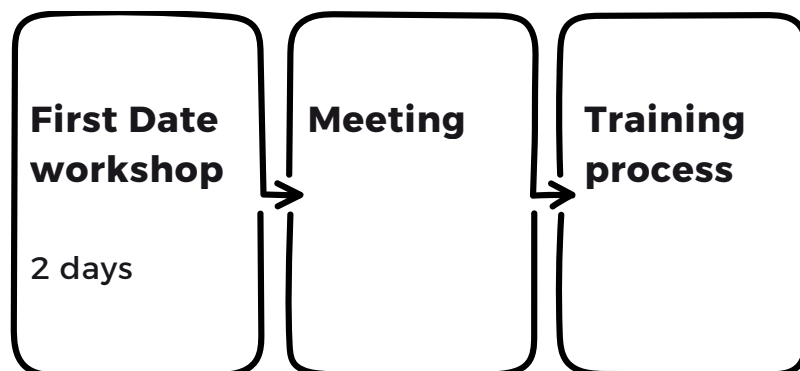
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About our in-house educational programs:

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: mario.grilc@mentmove.eu

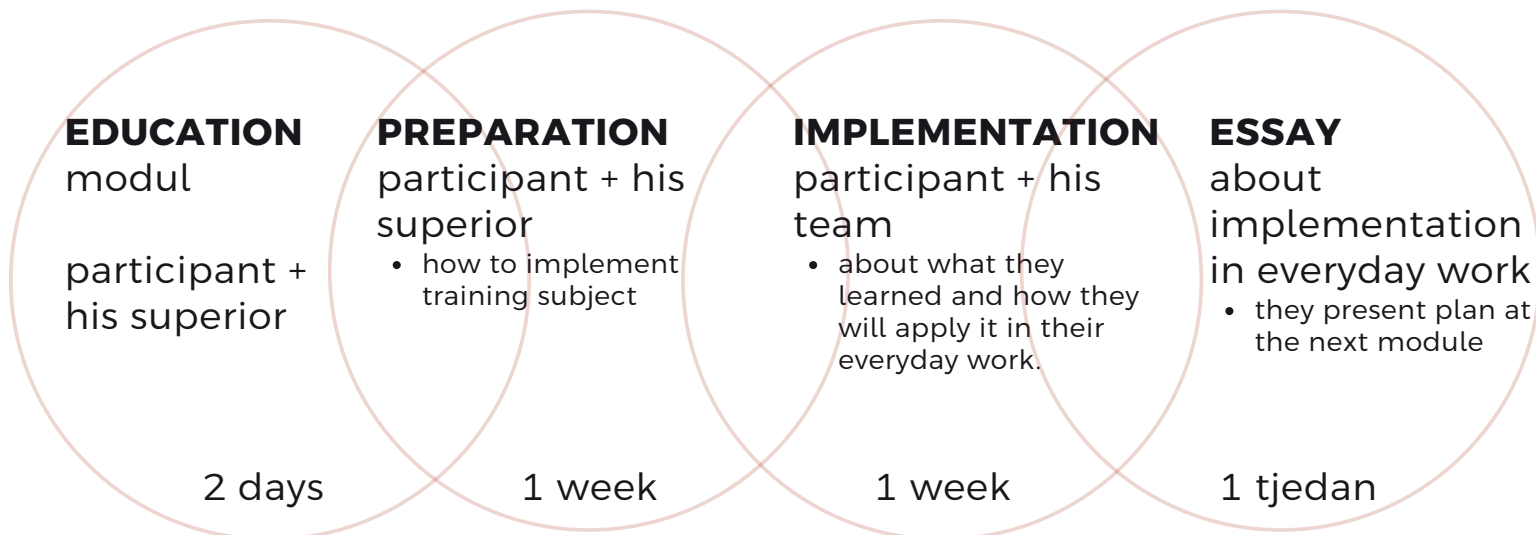
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About our in-house educational programs

Through **education and motivation of participants**, we simultaneously create space for developing their **skills** and encourage **personal growth** and development through taking personal responsibility.

We have created a process through which they begin to **apply what they have learned in their daily work** so that the education has an impact on the entire organization, working simultaneously **horizontally** and **vertically**.

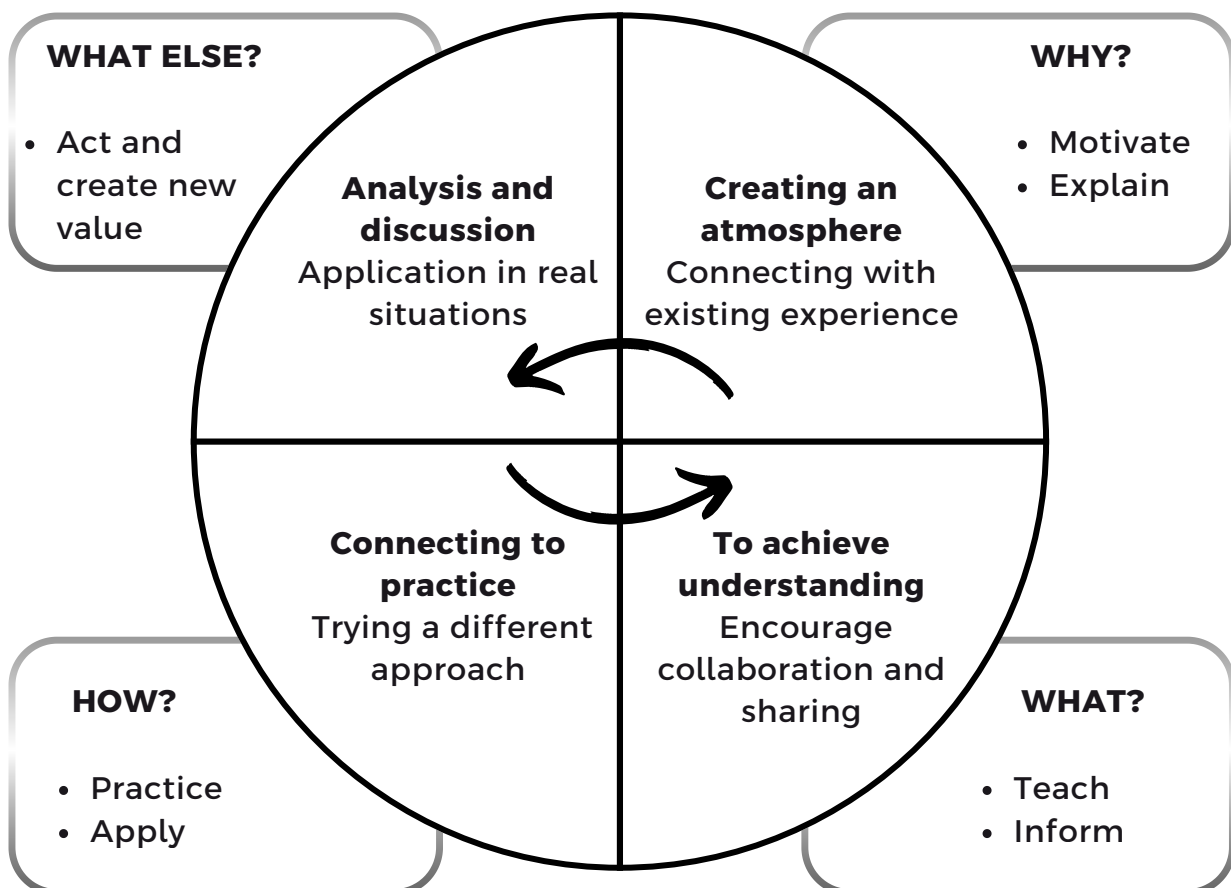


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Methodology

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

- Interactive approach and discussions
- Individual and group work
- Presentations based on participants examples
- Case studies



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

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Mentmove adventure

Mentmove Adventure is a **unique outdoor educational program** designed for individuals or teams created on the **Embodied Cognition** Methodology.

Our main question is - How education should look like to encourage real change?

How to accelerate motivation to use acquired knowledge?

The exercises we use **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
- Dialogue on business topics
- Focus on achieving goals



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Click & check how our Adventures look like

[Mentmove_open_group](#)

[Mentmove_closed_group](#)

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**.

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: [**mario.grilc@mentmove.eu**](mailto:mario.grilc@mentmove.eu)

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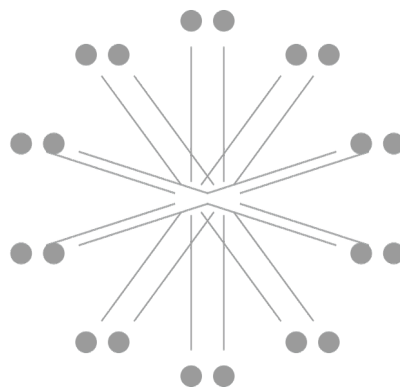
**Join us on a journey of growth
and adventure!**



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