

Workshops for agencies and companies

From brief “emergency” workshops in cases of creative block to multi-day training seminars during change processes – Maja’s interventions inspire her audiences based on an innovative, appreciative approach and customized coaching concepts.

Maja worked with financial consultants on the issues of attention, concentration and excessive stress and coached 20 school principals on the objective of a “Good, Healthy School”. Her input is in great demand with NLP and design thinking experts as well as executives of Deutsche Bank.

Listed below are some examples of workshops that she has already successfully conducted.

Help, I m stuck! How to resolve creative block

In this one-day “emergency” workshop, Maja works with a creative team that is stuck and cannot generate new ideas. Assets that have already been found are briefly analyzed and put in the treasure trove. New ways and opportunities are identified using surprising and fun approaches.

At the end of the day, the team will be newly motivated and have an idea of which direction to take.

Elevator Pitch – 5 minutes for your success

You have exactly 5 minutes. You are unprepared. But you will say – and do – the right thing.

Never be speechless again when it really counts.

Small talk, a special form of communication

There are many opportunities for small talk.

How can I take the first step safely and confidently? How can I skillfully use small talk? What are the dos & don’ts in small talk? How do I come across to others in small talk and how can I become more confident?

And for the more advanced: How do I cleverly and politely exit from a small talk situation?

Playing with stress

(also available as one-on-one coaching)

Stress can really be a burden, and sometimes it can even lead to burnout.

But stress can also provide us with valuable information on what we really want, how to prioritize and how to move forward.

Learn stress handling in a playful manner: Recognize its clues faster than before, experience what secret is behind your very personal stress and perceive it as a positive signal. Change your attitude toward stress, thereby putting it in its place.

Hang on my every word. Presentation training for beginners & advanced

(also available as one-on-one coaching)

Speak freely and relaxed in front of a large audience.

Gain confidence with an authentic and charming manner.

Use methods of storytelling to garner the audience's attention – from a surprising start and a commanding middle part to an impressive ending. Register the people in the audience and engage them. Respond to questions and small mishaps with a smile.

Learn to love giving presentations.

Focus: Presence, voice, storytelling.

Yay! From today, everything will be different

Your company is facing a change process. Of course, everything must proceed quickly, the employees harbor some anxieties, you don't have all the answers yet and the office grapevine takes care of the rest...

Give your staff the opportunity to be seen and heard at this important time. Intensive dealings with the pros and cons of change processes are enriched with activities that promote general openness to change.

This workshop will help the participants to lower resistance and instead welcome change and perceive it as an opportunity.

Diversity – friend or foe?

In a playful manner, the participants are confronted with their own prejudice and stereotypes. Each of them will perceive the weakness of the individual and the power of the group.

The topic of diversity is closely connected with prejudicial ideas that exist in the minds of all of us.

This workshop is about how difficult it is to break free from these learned patterns – and how we can succeed nonetheless.

The royal treatment Status and how to use it

We are constantly surrounded by games involving status – in both our jobs and our private lives.

Analyze the physical, vocal and content signals we use to communicate status.

Experiment with high and low status and experience the surprise effect. Recognize the status of the person you are facing and use your own status in a targeted manner for attaining your goals.

Storytelling & guiding a conversation

Attentive listening and skillful storytelling are the two key aspects of a good exchange – regardless of whether it's a one-on-one discussion or a talk in front of a huge audience. Use the power of storytelling! Practice communicating your views and convictions in a captivating manner and treat the questions and objections of your discussion partners with attention and confidence.

Guide the conversation in a direction you wish to take – and take your conversation partner along.

Fail Fair: How to learn from mistakes

Don't be afraid of failure!

Not everything goes smoothly in life. Frequently, we experience displeasure over a mishap or mistake we make or if we even fail really miserably.

But we can learn from our mistakes, even from the big ones, if we ask the right questions.

In the "Fail Fair," you will playfully analyze past failures in a team before turning back to the desired success.

The "Fail Fair" is ideal for a project follow-up discussion or kick-off.

Presence & Charisma. Recognizing and utilizing the signals of body language

(also available as one-on-one coaching)

We all know those people who enter a room and everyone seems immediately taken by their presence. What is the secret behind this charisma, this strong presence?

Experience this for yourself! Analyze how you perceive yourself and how you are perceived by others. Work on your personal allure and your body language. Learn small tricks of how to bring out your own inner charisma and how to sustainably change the effect you have on others.

Focus: Status, voice, posture.

Train the trainer. The individual treasure box

(also available as one-on-one coaching)

The techniques of applied improvisation are getting more and more attention.

Whether it is about being spontaneous, how to react confidently to unexpected events or telling exciting stories, or whether it is about activating warm-ups or an intelligent debriefing – improv offers many solutions.

Since not every exercise can result in every desired effect, we will select according to your criteria:

Which techniques are interesting for your specific field of training? Which format could you use to open up your participants for your precise content?

All formats are taught in such a manner that they can be used and communicated to others in a conscious way.

Suitable as a group coaching session only for trainer groups with a similar activity area.

Your coach: Maja Mommert.

Maja Mommert is an expert for Applied Improvisation. She works as a coach and facilitator, and as an actress for improvisational and corporate theater. She is Artistic Director of the improv ensemble frei.wild Berlin and has performed all throughout Europe.

Her offers cater to executive staff and managers, employees, freelancers, actors, teachers, coaches and all other curious people.

Special highlight: the individual trainer's treasure box, Majas offer for trainers and coaches. Here, Maja develops in close cooperation with the coach with which methods from the world of Applied Improvisation he can enhance exactly his learning goal and inspire exactly his participants.

Maja Mommert convinces through her contagious vitality and her goal-oriented optimism. She teaches in German, English and French.



Referenzen.

Trainings, Workshops, Coaching:	Deutsche Bahn, DVAG, European Parliament, GASAG, Melitta, N-Bank, Fraunhofer FOKUS Institute, Friedrich-Ebert-Foundation, Senate Department for Education, Science & Research, T-Labs (Telekom Innovation Laboratories) et al.
Presentation, Moderation:	DIHK, German University for Professional Studies, German Marketing Association, Engagement Global, Friedrich-Ebert-Foundation, Schwarzkopf Henkel, Nestlé, Senate Department for Economy, Technology & Research, TNS Infratest et al.
Corporate theater:	Ministry of Foreign Affairs, Bayer Healthcare, Caritas, Daimler, Deutsche Telekom, GIZ, inwent, STORCK, SWISS International Airlines, W&W Insurances et al.
Consultancy:	Activest, Coca Cola, Du ist Deutschland, European Parliament, SWISS Watches, Melitta, Nestlé, Swarovski, T-Mobile, Volkswagen, WWF International et al.

“Maja Mommert works with brain, hand and heart: razor-sharp power of observation, appreciative feedback, and development of customer-oriented solutions and of viable alternatives!”

Jürgen Rosskothen, Senior Facilitator proagos Unternehmensentwicklung

“Even if a huge mountain of work has emerged, I would like to sincerely thank you for your moderation. You were extremely competent and guided the colleagues confidently through the process. So again: very well done, worth every penny, thanks a million.”

Cem Ergün-Müller, Head of Communications T-Labs, Telekom