

- **Social Skills:** Improve your intercultural communication abilities, relational skills, and active listening
- **Teamwork:** Learn the art of team and trust-building
- **Cultural Understanding and Awareness:** Develop sensitivity to different cultural perspectives
- **Leadership:** Gain skills in individual and conflict management to effectively lead within a team



2. WORKING IN TEAMS



3. DEALING WITH CHANGE

- **Flexibility:** Build resilience to handle uncertainty, adapt to change, and manage stress effectively
- **Readiness to Change:** Embrace the willingness to adapt behaviours as needed
- **Problem-Solving:** Sharpen your ability to find solutions to complex challenges
- **Creativity:** Foster innovative thinking

TO RECEIVE
MORE
INFORMATION
ABOUT THE
COURSE...



...INCLUDING REGISTRATION DETAILS
AND UPCOMING SESSIONS, SUBMIT YOUR
CONTACT DETAILS

[HERE](#)

AND WE'LL BE IN TOUCH SOON!



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»»» 2ND NEWSLETTER «««

Introducing Our New METACOIN COURSE: META-SKILLS FOR FUTURE WORKING LIFE

We are excited to announce the launch of our new course, META-SKILLS FOR FUTURE WORKING LIFE, designed to equip you with the essential competencies needed to thrive in an increasingly globalized and interconnected job market. Our course is structured around three core meta-competence groups, each designed to equip participants with skills that transcend specific job functions and adapt to a global, dynamic landscape.



1. SELF-DEVELOPMENT



- **Learning Skills:** Cultivate a mindset geared towards continuous learning
- **Critical Thinking:** Develop the ability to analyse and evaluate information effective
- **Self-Management:** Build self-motivation, self-awareness, and the capacity to work autonomously
- **Emotional Intelligence and Empathy:** Enhance your ability to understand and manage your emotions