



## Digital High Intensity Training – Boost Your Capabilities.

# 4 Participants

- Content and focus are **flexibly** adapted to the use cases, challenges and background knowledge of each participant
- Optimal group size for intensive **exchange, networking** and learning from the cases of the group

- **Real work with concrete results and progress:** Individual challenges, problems and needs of the participants are the focus and are examined consciously with the trainer
- Solutions for personal challenges are developed
- Capabilities are boosted for relevant practical use

# Individual Use Cases

# 1:1 Coaching/ Mentoring

Development of alternative courses of action in **1:1 coaching, consulting and mentoring** with our trainers/consultants who are distinguished by a high level of practical experience.

- The **Learning Journey** is designed as follows:
  - Digital Warm-Up (1 hour)
  - Live Online Sessions: 3 hours each
  - 1:1 Coaching/Mentoring: 45 min each
  - Self-learning elements: aprox. 1 hour
- Between each session, participants will have time to apply what they have learned to their everyday lives.



# Boost Your Capabilities

- DHIT® **merges work and learning** through a combination of intensive small group work, individual mentoring and involvement of participants' individual use cases.
- DHIT® is **particularly effective** because it consistently brings the practical experience of participants into the training.

Please find all current information and offers [here](#) on our homepage.