

ACHIEVING EXCEPTIONAL RESULTS

Discover new dimensions
in Effective Leadership and
Personal Branding

In a rapidly-changing business world
all leaders must be able to energize,
organise and produce superior results
to outperform competition.

Three top experts in the fields of
Team Leadership, Time Management
& Personal Branding join forces in a
unique 3-day intensive workshop in
Barcelona.

Join us for a special experience aimed
at executives willing to invest time
and effort in improving their manage-
ment skills and business English.

July 22nd – 24th, 2010
Novotel Barcelona Cornella



MRC International Training

The Intelligence Consultancy

BRINGING OUT THE INTELLIGENCE IN YOU AND YOUR ORGANISATION

colourmebeautiful
the image consultants

Agenda

Day 1

LEADERSHIP AND MANAGEMENT

Robert Karro

Are people born to be leaders or do they become
leaders through hard work? Exactly the same can be
asked about athletes and we all know their reply...

You may have the "gift", but if it is not developed
with persistence and commitment, no one will build
themselves into what they could be. In this workshop
we will sharpen our tools to stand out as the leaders
we dream to be.

- Leadership is implication not imposition (Boss vs. Leader)
- The importance of self-motivation
- Positive attitude and its effects on synergy and results
- The relation between Delegation, Growth and Quality of Work
- Influencing others and gaining authority.
- How to convert difficult situations into an opportunity to gain respect

Day 2

TIME MANAGEMENT

Dimitri Uralov

Most stress and poor productivity in today's business
world comes from working under wrong assump-
tions, such as "I have to accomplish everything" and
"I have to be busy all the time".

In reality, the most effective people are those who
focus on the most important things, concentrating
their effort on achieving more by doing less and
working in a more relaxed, less stressed manner.

In this one-day workshop you will discover the princi-
ples of modern time management as well as practical
insights and tools that will help you to boost your
productivity, gain more fulfilment in your workplace
and become the efficient executive you always knew
you could be.

- Overcoming stress and procrastination
- Decluttering your mind and workspace
- Prioritizing (Important vs non-essential)
- Staying focussed and dealing with distractions and interruptions
- Time Management systems and adapting them to your needs

Day 3

PERSONAL IMAGE AND BRANDING

Brenda Franks

Your business has only one chance to make a first
impression – make sure it's the right one.

"93% of a first impression is based on how we look
and sound and only 7% on what we say." - Albert
Mehrabian

Using the proven system of Europe's leading Image
Consultancy, this one-day workshop will provide you
with the knowledge and confidence to make the
most of your personal and professional image to pro-
ject credibility and authority and inspire confidence
both in your clients and in your team.

- First impressions for a successful business image
- The role of colour in business
- Personality and style type
- Constitution, proportions and scale
- Business vs. smart casual attire and personal grooming
- The credibility thieves

Course Leaders



Robert Karro

Robert Karro was born in South Africa in 1951, educated in 5 different countries, has lived in six and done business across all 5 continents.

Robert's modus operandi has always been "What's the next step?". This is reflected in his business life where Robert has owned and run companies in many different fields, such as chemicals, computers & accessories, importation and distribution of meat, and electronics. This array of experience together with his constant creativity and entrepreneurship has provided him with a valuable insight into the key elements of Leadership and Sales.

In 1998 Robert cofounded MRC International Training in Catalonia, where his expertise and understanding of how to create team spirit focussed on results, along with a different approach to what the selling really is about, have allowed him to consolidate the company as market leaders in top level executive training throughout Spain.



Brenda Franks

Brenda Franks is the Managing Director of Colour Me Beautiful Spain, representatives of Colour Me Beautiful Europe, the world's leading Imaging Consulting company with over 27 years experience in over 30 countries, with IBM, PriceWaterhouseCoopers, VISA, Hilton Hotels and BMW amongst their clients. She is an experienced professional trainer with 8 years experience.

Born in London and professionally trained by Colour Me Beautiful Europe in Image for Men, Women and Corporate Image, Brenda is the author of a book on personal image and collaborates regularly with the media.

Brenda is co-founder of Barcelona Toastmasters and Prestigious Speakers, non-profit world-wide organisations specialising in training leadership, communication and public speaking skills to its members.



Dimitri Uralov

Dimitri Uralov is a financial coach and managing partner of "The Intelligence Consultancy" - a company specialised in helping people and organisations to develop the full range of their intelligence.

After an unusual education in Russia, Dimitri worked as business consultant and financial advisor in Spain, where he started to develop and run workshops on effective personal management and productivity.

Passionate about exploring the essence of the human being and helping people to unleash their true potential, Dimitri prefers experience to academic learning and considers himself an apprentice of many things and master of none.

Founder of several financial education and personal development clubs, Dimitri is also a member of Toastmasters International, a world-wide public speaking and leadership organisation.

Venue and date:

Novotel Barcelona Cornella
Avinguda del Maresme 78
08940 Cornella de Llobregat (Barcelona)
(+34) 93 474 70 00

Thursday, 22nd July to Saturday,
24th July, inclusive

Timetable and price:

Thursday 22nd July: 9.00 am – 6.30 pm
Friday 23rd July: 9.30 am - 6.30 pm
Saturday 24th July: 9.30 am - 6.30 pm

Lunch on each day: 2.00 – 3.00

Price: € 2.400 per person (+ IVA)
Price includes materials, coffee breaks
and lunches.

Payment and registration:

To register, please make the transfer to
"MRC International Training"
Bank account:
"La Caixa" 2100-1335-34-0200025956

Payment terms:
To reserve your seat: before 9th July:
30% = € 720.00
Remainder due by Friday 16th July
(2,112.00 €)

Please, indicate your name and reference
number (RDB10) when making the transfer.

The workshop is limited to a maximum
number of 10 people.
A strictly "first-come, first-served" principle
will be applied.
We strongly recommend to reserve well in
advance to avoid disappointment.

Contact Details:

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