

COURSE CATALOGUE 2022



Table of contents

Introduction	3
About M-Powered.....	4
Trainers.....	5
M-Powered courses 2022	6
Life Balance for Educators and Students.....	12
Empowerment and Motivation in a Classroom and Blended Learning Setting	14
Stress Management in Schools	16
Design Thinking in education.....	19
Planning Meaningful Projects	23
Successful Team = Successful Project: Communication, team building, and conflict management in European projects.....	25
Risk, Change, and Stakeholder Management in European projects	27

Introduction

At M-Powered Projects, we believe that education is fundamental to empowering the current and future population of the European Union and to promoting growth, employability, social equality and inclusion.

As such, we offer those working or interested in lifelong learning, continuous professional development and education a programme of courses.

Our programme is focused on professional and personal development. We offer different 5-day long courses aimed at educators, trainers, and individuals looking to improve their existing skillsets. We focus on designing solutions to the current challenges emerging in the world of work and education.

Our courses cover work-life balance, creativity and project management. They are run in scenic and inspiring locations across two countries: Ireland and Poland.

Along with excellent educational programme and state-of-the-art teaching methodologies, each course includes outdoor activities, allowing our participants to experience the local culture and nature.

We encourage you to explore the power of education and personal development, to share good practices among your colleagues and co-workers, and bring back knowledge to your communities, organisations and professional ecosystems.

We challenge you to inspire and get inspired, to change lives and open minds!

Get in touch today to find out more.

Marzena Wieczorek-Przybyło

Founder Director of M-Powered Projects

Project Management Professional ®

About M-Powered

We are a team of experienced, professional trainers and consultants who specialise in project management, creativity, and work-life balance. We mainly work with staff of educational institutes and NGOs to help them to increase efficiency, creative problem solving, job satisfaction, and balance in their work and personal lives. We believe that everyone is deserving of a career in which they feel motivated, fulfilled, and valued and we work with organisations and individuals to help them to achieve this.

We do this by teaching our clients how to design and run meaningful projects, collaborate and manage conflicts in teams, identify risks and implement positive change. We help people to boost their creativity and solve problems. We also support development of work-life balance strategies in schools, NGOs and businesses.

Along with our courses, we have developed easy-to-implement methods and tools that will help you to improve your project work and create innovation, whether in a social, education or business environment.

We also help organisations to develop their international strategy by initiating cooperation with partners from other countries and helping them to improve the quality of their preparation and implementation of international projects.

At M-Powered, we pride ourselves on the unique approach that underpins all our work. Our courses and tools are designed around the needs of the individual to feel motivated, inspired and balanced in their work and life. It is this holistic approach that sets us apart and ensures that we achieve impactful and meaningful results for our clients.



Trainers



Marzena Wieczorek – Project Management and Design Thinking Trainer

Marzena is a qualified Project Management Professional® with more than ten years' experience leading full project lifecycles and motivational programmes for a wide range of international organisations. She creates original project management course materials and educational games.



Kasia Piecuch – Design Thinking Certified Moderator and Work-Life Balance Trainer

Kasia specialises in project development and management. Her main ambition is to translate innovative ideas into real actions. Kasia accumulated her knowledge and skills while working in the business and public sectors in Poland and abroad. Twenty years' professional experience has given her the opportunity to coordinate projects she is passionate about, to fundraise for actions she believes in, and to train those who are open to change and challenges.



Luiza Szafranska – Soft Skills and Project Management Trainer

Luiza has a strong background as soft skills trainer acquired in various business environments over the last 15 years. She is an experienced project manager in the localization sector and a public speaker. Her objective is to create and deliver unique training programs which focus on integrating body and mind.



Diarmuid Lavelle – Therapist and Trainer

Diarmuid is a full-time therapist and trainer with 20 years of experience. He has given many seminars and presentations to international companies such as Coca-Cola, Boston Scientific, PPC Worldwide, Telecom, and the Galway Mayo Institute of Technology. He holds an MA in Cognitive Behavioural Therapy and a degree from the National University of Ireland. His many qualifications are drawn from solution-oriented therapies, and he is a 4th Dan black belt instructor of Aikido. He is a published author of many articles on health and psychology.

M-Powered courses 2022

WORK-LIFE BALANCE:

- Life Balance for Educators and Students
- Empowerment and Motivation in a Classroom and Blended Learning Setting
- Stress Management in Schools

CREATIVITY:

- Design Thinking in Education (Enhancing Creativity in a Classroom and Blended Learning Setting: A practical method for designing creative projects with students)

PROJECT MANAGEMENT:

- Planning Meaningful Projects
- Successful Team = Successful Project, Communication, team building and conflict management in European projects
- Risk, Change, and Stakeholder Management in European projects

OTHER POSSIBLE TOPICS:

- Soft Skills in Education
- Project Based Learning in Schools

COURSE FEE: € 490

The course price includes:

- **37 hours** of workshops and teambuilding activities run by experienced trainers
- **Welcome package** with M-Powered **bag and course materials**

CERTIFICATES:

- Certificate of Obtained Competences
- Certificate of Completion

IMPORTANT!

For groups of eight or more people, we can arrange additional dates and individually tailored courses. Contact us directly for more information.

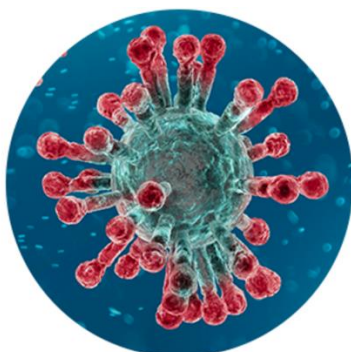
THIS COURSES ARE FOR:

Anyone who is engaged in education on any level (European managers, coordinators and administrators, trainers, teachers, and other educators) and anyone who is engaged in projects in the social, education, or non-profit sector.

COURSE DATES:

The dates will be individually set with organisations who wish to send 8 or more participants.

COVID



A month before the course is set to commence, we will let you know if it can be held in person or if it will have to take place online. We endeavour to hold all our courses as planned, but the safety of our participants is paramount. If it is necessary according to the COVID-19 safety guidelines, we can instead deliver our training over Zoom or postpone the course.

FOR MORE INFORMATION CONTACT:

Kasia Piecuch

e-mail: kasia@m-powered.eu

tel.: +48 609 833 533

Marzena Wieczorek-Przybyło

e-mail: marzena@m-powered.eu

tel.: +353 857 307 974, +48 507 337 078

M-Powered Projects

www.m-powered.eu

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DERRYNACLEIGH, LEENANE, IRELAND (near the fjord)

We run many of our courses in this amazing location on the west coast of Ireland. It's called Killary Lodge. It is a brand-new villa, just 250 m from the waters of Killary Fjord, in the heart of Ireland's stunning Wild Atlantic Way.





KRAKOW, POLAND (near the mountains)

Our second location is Krakow, Poland. The city of Krakow lies on the banks of the Vistula River and is one of the most culturally and politically significant cities in Poland. Both the historic city centre and the Jewish District are brimming with cafés, shops, and pubs, and the 10-acre main market square is a medieval feast for the senses. Courses will take place in a welcoming training space in the centre of Krakow. Participants will not only learn skills and gain knowledge, but they will also be able to enjoy the charms of this beautiful city!





GDYNIA, POLAND (on the Baltic sea)

Gdynia is a city and an important seaport on the Baltic Sea in Northern Poland. Together with Gdansk, Sopot and neighbouring communities it forms a metropolitan area which is called a Tri-City, with a population of one million people. The city offers beautiful beaches and walks and some of the best restaurants and nightlife in the Tri-city area.





WORK LIFE BALANCE courses

Life Balance for Educators and Students

Work Life Balance (WLB) is an idea that we mainly hear about in relation to the business sector, where it has become a priority in recent years due to the positive impact it has on productivity and, therefore, profit. However, in non-commercial sectors, including education and development, the importance of balancing work and personal life continues to be overlooked. As a result, lack of WLB is one of the leading causes of professional burnout among educators.

In response to this, we have developed a course that will help participants to find their own individual balance in their professional and personal lives, while also presenting a replicable model for establishing a WLB programme in schools and education centres.

Our approach is hands-on and is designed to stimulate imagination and creativity, while also providing practical tools for you to use in your WLB implementation plan. The course includes energising activities and outdoor challenges, which puts into practice some of the WLB principles we will learn about.

You will also learn how to help your students balance their study and preserve wellbeing, in both on and offline educational settings. By participating in the course, you will also have the opportunity to meet with other people working in similar fields throughout Europe, expand your professional network, and build opportunities for potential partnerships.

Course features:

- Our sessions are fun, interactive and include guaranteed effective methods and tools.
- Outdoor activities (such as hiking, cycling, and climbing) in the morning and work-life balance workshops in the afternoon. We believe that physical activity opens the mind to learning and creativity!
- Hands-on experience with work-life balance tools at our workshops that can then be brought home to share with colleagues.
- Networking with people from all over Europe who work on similar projects.
- Relaxation and reflection.

COURSE PLAN:

Day 1: Who are we and why are we here?

- Getting to know each other, integration through meaningful and creative exercise and group work. Group contract development
- Life Balance: What does it mean?
- Good practices of Life Balance strategies

Day 2: Work-life balance from individuals

- Values Map: How values determine our choices.
- Individual Life Balance: How can I plan effectively and adjust over time?

Day 3: Individual life balance practices 1

- Stress management.
- Healthy diet.

Day 4: Individual life balance practices 2

- Physical activity.
- Personal life balance and time management.

Day 5: Work-life balance for students and organisations

- Design Thinking jam to generate ideas for innovative Life Balance solutions for students and education organisations.

Every morning, we organise outdoor challenges to stimulate participants' creativity.

BENEFITS FOR THE PARTICIPANTS:

- Competences to plan and implement individual Life Balance.
- Specific time management tools supporting Life Balance.
- Competences to develop Life Balance strategies for students and education organisations.
- The opportunity to practice the Design Thinking Method.
- Increased opportunities for professional and career development.
- Improved English language competences.
- Increased motivation and satisfaction in daily work.
- Wider European network.
- Personal development.

Empowerment and Motivation in a Classroom and Blended Learning Setting

This course is designed for professionals working in educational organisations: teachers, trainers, and coaches, but also administrators and managers. Participants will discover what drives and motivates them and how they will be able to use this knowledge in their professional and personal life. Moreover, they will learn basics of Chi Gung, which is a holistic system of coordinated body posture and movement, breathing, and meditation used for health, spirituality, and martial arts training. They will also learn about empowerment tools that they will be able to use in their work, with colleagues and learners.

COURSE PLAN:

Day 1: Discovering Drive and Motivation I

- A technique to contact the unconscious mind of the self and others.
- The questions to ask and the process of asking questions to uncover what a student/trainee/trainer truly wants to do, say, or be.
- Skills developed: Communication, understanding unconscious drives, questioning skills.

Day 2: Core Integration

- This advanced technique allows the practitioner to resolve deep issues powerful enough to shift core values.
- Skills developed: Values hierarchy, therapeutic change, resolving stuck states, emotional state control.

Day 3: Discovering our Drive and Motivation II

- Advanced techniques used to find out information hidden from consciousness.
- Skills developed: Communication, relaxation techniques, behaviour change.

Day 4: Chi Gung and Refreshing Sea Swim

- A test of strength, endurance, and will.
- Skills developed: Group bonding through activity, energy training, motivational techniques.

Day 5: Recap of Week

Follow-up:

After returning home, participants will be mentored by an M-Powered trainer to disperse their knowledge within their organisations via two Skype mentoring sessions.

BENEFITS FOR THE PARTICIPANTS:

- Greater understanding of motivational and empowerment techniques, which can be implemented in working and professional life.
- Development of communication and questioning skills.
- Knowledge of energy training techniques.
- Increased opportunities for professional and career development.
- Improved foreign language competences.
- Increased motivation and satisfaction in daily work.
- Wider European network.
- Personal development.

Stress Management in Schools

Teachers are experiencing a lot of stress. In Ireland, the UK and USA, 40% of teachers are on medication for anxiety. Good teachers are natural performers. They illicit curiosity, fascination and wonder with voice tone, body language and attitude. Pattern interrupts for negative state change and focusing techniques are essential for good teaching. These processes help the kids to learn but also connect the teachers with the value and purpose of their career, making it more enjoyable and rewarding.

It can be so easy to get bogged down in the requirements or the education system, meeting targets, and enforcing discipline and behavioural standards that teachers can lose sight of why they became educators in the first place. This course will reconnect them with the sense of purpose where they feel valued and can reflect that value back to their classroom.

This course will also cover the topic of trauma awareness. Over 10% of kids have experienced trauma. These are the kids who will be disruptive for seemingly no reason and is often attributed to simply bad behaviour. By increasing trauma awareness in teachers, we can better support these students and manage related behaviours more effectively. We want to help our teachers create a classroom environment where children feel inspired, understood and safe and that they look forward to every day.

COURSE PLAN:

Day 1: Optimum states and how to develop them in the classroom.

- State management in the classroom.

Day 2: Communication and motivation.

- Connection and communication.
- Developing optimum learning states.
- Instilling motivation.
- Keeping learning states open.

Day 3: Breathing, posture and atmosphere.

- Breathing training for teachers and classroom.
- Establishing a healthy atmosphere.

Day 4: Trauma awareness.

- The nervous system.

- Recognising trauma.
- Managing learning difficulties.

Day 5: Review.

- Putting it all together.
- How little changes create big ones.

Follow-up:

After returning home, participants will be supported by an M-Powered trainer to disseminate their new knowledge within their organisations via two Skype mentoring sessions.

BENEFITS FOR THE PARTICIPANTS:

- More satisfaction in the classroom.
- Happier teacher and happier students.
- Better connection and personal satisfaction.
- Better learning and motivation.
- Increased opportunities for professional and career development.
- Improved foreign language competences.
- Increased motivation and satisfaction in daily work.
- Wider European network.
- Personal development.



Design Thinking in Education

Enhancing Creativity in a Classroom and Blended Learning Setting:

A practical method for designing creative projects with students

This course is dedicated to helping teachers, educators and their students learn how to plan and run creative processes, find creative solutions to educational challenges, and increase overall creativity. We use the Design Thinking Method, which has been successfully utilised in a wide variety of sectors all over the world and is constantly being developed. We chose Design Thinking because it is a very dynamic and human-centred approach to learning, cooperating and problem solving. It can be flexibly implemented in an educational environment, serving equally well as a framework for course design or a structured framework for identifying challenges, developing potential solutions, refining and testing ideas.

During the course, you will get to know and experience all stages of the process: empathy, needs identification, ideas generation, prototyping and testing. You will gain knowledge about Design Thinking good practices, but also to experience tools and methods used in each Design Thinking stage. To make each stage even more useful for teachers and educators, we developed a series of simple and effective exercises aimed at keeping the creative juices flowing both in the classroom and in one's personal life.

The pandemic has forced us to embrace online learning. Design Thinking provides us with the opportunity to design new ways of working with students remotely. It is a method used by creative industries who have been pioneering online work for years, and we can use and adapt this knowledge to enrich online learning.

Through this course, participants will develop Design Thinking skills that they can use within their teaching to create new solutions and tools. It is a professional development course for teachers from all over the world, creating a unique experience that combines learning, experiencing creative flow, and networking with peers from different nations and backgrounds.

We are aware that teachers spend so much of their time encouraging and supporting their students and forget to nurture themselves! Enhancing Creativity course devotes time to techniques in mindfulness, self-nurturing, curiosity. Creativity is born in an atmosphere of relaxation and comfort. The participants will be exposed to different types of icebreakers and energisers, including outdoor challenges.

COURSE PLAN:

Day 1: Who are we and why are we here?

- Getting to know each other, integration through meaningful and creative exercise and group work.
- Creating a positive learning space and atmosphere.
- Introduction to the creative approach towards problem solving based on the Design Thinking method.
- Design Thinking benefits and good practices.
- Creativity in online education.

Day 2: Finding creative inspiration

- Getting over fear of creativity in problem solving.
- Empathy as a way of finding inspiration for problem solving.
- Learning and experiencing different tools for starting the creative process, including online resources and opportunities.

Day 3: Developing and motivating creative work

- Effective brainstorming and other methods of ideating.
- Exercises, icebreakers and energisers for overcoming creative blocks.
- Creating a creativity-friendly space and atmosphere.
- Mural.com and Jamboard as online tools supporting the brainstorming process.

Day 4: Pathways for successful creative problem solving

- The art of prototyping.
- The three dimensions of prototyping and creative work.
- Choosing the right idea for problem solving.
- The art of giving and receiving feedback.
- Using Google Forms for online evaluation.

Day 5: Transforming creative ideas into real actions

- Planning the implementation of creative solutions.
- Risk management in implementation.
- Reflection: How do I use the course outcomes in my work as an educator?

Every morning, we organise outdoor challenges to stimulate participants' creativity.

BENEFITS FOR THE PARTICIPANTS:

- Competences to conduct creative workshops on and offline.
- Competences to stimulate and moderate creativity among students.
- Specific tools for carrying out each stage of the Design Thinking process.
- The opportunity to practice moderating and using various tools including Design Thinking to work with a group.
- Increased opportunities for professional and career development.
- Improved English language competences.
- Increased motivation and satisfaction in daily work.
- Wider European network.
- Personal development.

PROJECT MANAGEMENT courses



Planning Meaningful Projects

During this 5-day course, you will learn how to develop project ideas, understand the needs of your target groups and design projects that will have a meaningful impact on peoples' lives. During this course, you will create a project map that will help you to identify the most influential stakeholders and decide who you should invite into your project consortium. It will also help you to construct a realistic budget and plan project activities.

You will also learn how to use free online tools such as Google Drive for management of virtual project teams, communication, and project brainstorming. You will learn cutting edge methods, such as Design Thinking and Service Design used by companies like Google and IBM.

Course features:

- Our sessions are fun, interactive and include guaranteed effective methods and tools.
- Outdoor activities (such as hiking, cycling, and climbing) in the morning and project management workshops in the afternoon. We believe that physical activity opens the mind to learning and creativity!
- Hands-on experience with practical project management tools at our workshops that can then be brought home to share with colleagues.
- Networking with people from all over Europe who work on similar projects.
- Relaxation and reflection in some of the most beautiful places in Ireland and Poland.

COURSE PLAN:

Day 1:

- Introduction to project management.
- Project map.

Day 2:

- How to identify target group needs using the Design Thinking Method.
- Service Design.
- Goals and vision of change.

Day 3:

- Project timeline.
- Work breakdown structure.
- Outcomes.

Day 4:

- Project consortium.
- Stakeholders.
- Budget.

Day 5:

- Collaboration model.
- Project concept (brief) and project application.
- Project management handbook.
- Online tools for project management.

Every morning, we organise outdoor challenges to stimulate participants' creativity.

Follow-up:

After returning home, participants will prepare their project applications with the support of M-Powered trainers via two Skype mentoring sessions.

BENEFITS FOR THE PARTICIPANTS:

- Learn practical methods to research and understand the needs of your target groups.
- Learn to plan and design projects that will have a meaningful impact on your organisation and target groups.
- Learn how to choose project partners that will become an asset, not a burden.
- Learn world famous methods such as Design Thinking and Service Design, which help you to design innovative projects.
- Learn about useful, free tools for virtual project management.
- Develop leadership skills.
- Gain more confidence, enjoyment, and satisfaction from your work.
- Improve English language competences.
- Increase motivation and satisfaction in daily work.

Successful Team = Successful Project: Communication, team building, and conflict management in European projects

During this 5-day course, you will learn how to develop multicultural teams, organise project meetings, resolve conflicts and ensure effective communication.

Course features:

- Project management handbook: You will develop your own project management handbook. It will help you to implement the knowledge you gain to establish a practical management system and a set of robust processes in your organisation for ensuring project success.
- Project management workbook and tools: Our custom-designed M-Powered project management workbook and tools will provide you with practical knowledge, exercises, and fun! It will also provide an outline for the training of staff that did not participate in the courses. The methodology is based on the Project Management Institute's standards, but with a focus on European projects.
- Our sessions are fun, interactive and include guaranteed effective methods and tools.
- Outdoor activities (such as hiking, cycling, and climbing) in the morning and project management workshops in the afternoon. We believe that physical activity opens the mind to learning and creativity!
- Hands-on experience with practical project management tools at our workshops that can then be brought home to share with colleagues.
- Networking with people from all over Europe who work on similar projects
- Relaxation and reflection in some of the most beautiful places in Ireland and Poland.

COURSE PLAN:

Day 1:

- European projects, programmes, and portfolios.

- Project life cycle and timeline.
- Introduction to the project management handbook.

Day 2:

- What are geographically dispersed teams?
- Task delegation.
- Team building techniques.
- Keys to successful project meetings.

Day 3:

- Team development phases and motivation.
- Management and leadership styles.

Day 4:

- Communication blockers in a multicultural team.
- Tips for creating a good communication plan.
- Giving meaningful feedback.

Day 5:

- Building rapport with project team members.

Every morning, we organise outdoor challenges to stimulate participants' creativity.

Follow-up:

After returning home, participants will prepare their project management handbook with the support of M-Powered trainers via two Skype mentoring sessions.

BENEFITS FOR THE PARTICIPANTS:

- Learn how to ensure effective communication in your projects, develop multicultural teams, organise project meetings and resolve conflicts.
- Learn methods to reduce tension in a project team and increase understanding and logical, objective decision-making.
- Develop leadership skills.
- Gain more confidence, enjoyment, and satisfaction from your work.
- Improve English language competences.
- Increase motivation and satisfaction in daily work.

Risk, Change, and Stakeholder Management in European projects

During this 5-day course, you will learn how to identify and respond to changes and risks in projects and to build relationships with stakeholders to maximise the effect of your dissemination and exploitation strategies. After the course, you will be more empowered to take on the challenges associated with transnational cooperation.

You will also be better prepared to face the project management challenges caused by the pandemic and to respond to risks and change.

This course is complementary to another M-Powered course, Successful team = Successful Project, which we recommend you take first. However, completion of Successful team = Successful Project is not mandatory to participate in this course, and you can take each on a standalone basis if your interests are in one specific area of project management, e.g. human resources or risk management.

Course features:

- Project management handbook: You will develop your own project management handbook. It will help you to implement the knowledge you gain to establish a practical management system and a set of robust processes in your organisation for ensuring project success.
- Project management workbook and tools: Our custom-designed M-Powered project management workbook and tools will provide you with practical knowledge, exercises, and fun! It will also provide an outline for the training of staff that did not participate in the courses. The methodology is based on the Project Management Institute's standards, but with a focus on European projects.
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- Networking with people from all over Europe who work on similar projects.

- Relaxation and reflection in some of the most beautiful places in Ireland and Poland.

COURSE PLAN:

Day 1:

- Project management processes.
- Introduction to project management handbook.

Day 2:

- Identifying stakeholders & Power and Interest Grid.
- Building relationships with stakeholders.

Day 3:

- Identifying risks & risk response strategies.
- Impact and Probability Matrix and M-Powered cards. Case studies.

Day 4:

- Change management in projects.
- How to apply change in projects and in organisations.

Day 5:

- Development of a tailor-made project management handbook.

Every morning, we organise outdoor challenges to stimulate participants' creativity.

Follow-up:

After returning home, participants will prepare their project management handbook with the support of M-Powered trainers via two Skype mentoring sessions.

BENEFITS FOR THE PARTICIPANTS:

You will learn how to:

- Identify and respond to risks in an international project environment.
- Ensure high quality of project processes and results.
- Respond to changes in your projects.
- Identify and manage stakeholders.
- Other benefits include increased confidence, enjoyment and satisfaction in your work and improved English language competences.