PEOPLE · SKILLS · ORGANISATIONS

Training & development

João Paulo Pereira

Programmes for leaders and teams, from needs assessment to impact evaluation. Knowledge, skills and development serving people and organisations.

hygge
Organizational Mental Health Promotion Project
By João Paulo Pereira

Training programmes

Acquiring and developing knowledge, technical and behavioural skills to practise a profession or evolve throughout life.

- Leadership development — **Duration: 8 hours**
- Training management and impact evaluation — **Duration: 16 hours**
- Coaching and mentoring for teams — **Duration: 20 hours**
- MBSR programme — **Duration: 20 hours**

Mini MBA

An executive training programme covering the fundamental pillars of the area you work in.

- Occupational Health Psychology - concepts and practices — **Duration: 50 hours**
- Psychological Coaching (For Psychologists and Psychology students) — **Duration: 50 hours**
- Healthy Organisations - Assessment and Management of Risks for Mental Health — **Duration: 50 hours**

Choose the themes you would like to learn more about, or share your proposals for development.

Shall we talk?

Contact: jpp@hygge.pt / +351 963 476 723

jpsper.com