



LEARNING  
ACADEMY

# CULTIVATING HUMANISTIC SKILLS FOR THE DIGITAL AGE

**Strategic – Relational – Self  
Leadership Program Catalog**

**[mq-learning.com](http://mq-learning.com)**

## WHAT OUR CLIENTS SAY!



*The way MQ Learning designs and facilitates their workshops is shaped by the creativity that was deeply rooted in rich and versatile life experience. The depth of conversations is truly what we need in the business world.*

Chunfeng D., Leadership Learning Digital, ABB

*Credit to MQ Learning for so effortlessly creating an environment where we all felt comfortable to put work, organisation, and status to one side and share our humanity with each other.*

Steven S., Portfolio Manager, Zurich Insurance



*MQ Learning's training was pragmatic and engaging - a good mix of theory, examples, and practice. The team could get concrete tips that they immediately start applying in their day-to-day work.*

Laetitia J., Vice President, Adidas

*Thanks to an excellent delivery from MQ Learning, the presented frameworks are now used daily by our team. We improved our communication, raised internal efficiency, and grew clients' satisfaction.*

Matteo T., COO, VISIUM



### OUR OTHER CLIENTS INCLUDE



GILEAD

Unit8

eraneos



DOORDASH

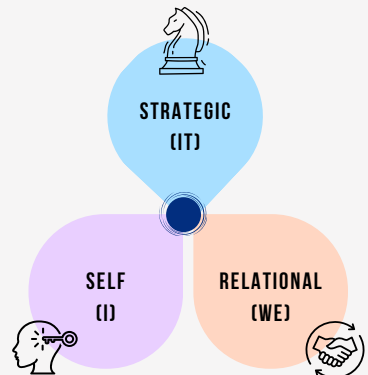
# SHAPING THE FUTURE OF WORK WITH LEARNING

Meaning Quotient – MQ Learning is a **Swiss-based EduQua certified** academy in Zurich focusing on **cultivating humanistic leadership skills** to shape the future of work in the digital age.



## OUR APPROACH

- Focus on **Strategic, Relational, & Self** leadership skills.
- **Multi-disciplinary**, research-based exploration enriched by self-inquiry, leveraging tie-ups with Swiss & international universities.
- **Face to Face (in Zurich)**, with selected programs available online & hybrid



## OUR OFFERINGS

- **Standard Certificate Programs:** Span 2.5 days or 6 weeks, with the flexibility of module combinations for full or half-day training.
- **Flexible Delivery:** Offered as in-company or open seminars.
- **Customization Options:** Tailor programs to specific business needs.
- **Team & Culture Building:** Workshops aimed at boosting engagement.

## OUR PROGRAMS ENABLE

**New Ways of Working**

**Upskilling and Reskilling**

**Well Being & Optimal Performance**

# STRATEGIC - LEADERSHIP ESSENTIALS



Foundational Strategic  
Thinking Certificate



## SHARPENING STRATEGIC SKILLS

For Structured Thinking & Communication

**Objective:** Learn foundational strategic skills using a consulting toolkit (e.g., SCQ, MECE, Pyramid Principle) for structured thinking & communication.

**Target:** (Senior) Consultants, Early to Mid-Level Managers

**Format:** 2.5 days/ 6 weeks (four half-day modules & a case study)

### MODULES

**Strategic Problem Solving**

**Structuring Strategic  
Projects**

**Strategic Communication**

**Storyboarding Strategic  
Presentations**

# STRATEGIC - LEADERSHIP ADVANCED



Advanced Strategic  
Management Certificate



## NAVIGATING COMPLEXITIES & BECOMING A STRATEGIC ADVISOR

Simplifying Decision Making

**Objective:** Become a strategic advisor to senior executives by simplifying decision-making & managing complexity through a service mindset.

**Target:** (Senior) Project Managers, Program Leads, Mid-level Managers

**Format:** 2.5 days/ 6 weeks (four half-day modules & a case study)

### MODULES

<b>Simplifying Decision Making</b>	<b>Leveraging Key Strategic Frameworks</b>
<b>Managing Emerging Complexities</b>	<b>Becoming a Strategic Advisor</b>

# RELATIONAL - LEADERSHIP ESSENTIALS



Foundational People  
Leadership Certificate



## ELEVATING TEAM AND STAKEHOLDER COLLABORATION

Strategies For New Managers' Excellence

**Objective:** Learn effective Team & Stakeholder Collaboration techniques to shift the perspective from individual contributor to people manager.

**Target:** New Managers (1-3 years) or upcoming people responsibilities

**Format:** 2.5 days/ 6 weeks (four half-day modules & a case study)

### MODULES

**Knowing Self & Others (DISC)  
for Collaboration**

**Designing Team Interactions &  
Constructive Feedback**

**Engaging & Nudging  
Stakeholders**

**Advancing Service  
Excellence Mindset**

# RELATIONAL - LEADERSHIP ADVANCED



Advanced Psychologically  
Safe Leadership Certificate



## LEADING WITH PSYCHOLOGICAL SAFETY

Creating a High Performance Culture

**Objective:** Learn to create a psychologically safe high-performing fearless culture using inclusion, learning, contribution, and challenging safety.

**Target:** Senior Executives and leaders with people responsibilities

**Format:** 2.5 days/ 6 weeks (four half-day modules & a case study)

### MODULES

**Cultivating an Inclusive  
Environment**

**Championing a Learning  
Culture**

**Advancing Collaborative  
Dialogs**

**Positioning Ideas  
Persuasively**

# SELF - WELL-BEING & OPTIMAL PERFORMANCE



Advanced Resilient  
Leadership Certificate



## LEADING WITH RESILIENCE FOR OPTIMAL PERFORMANCE

Cultivating Inner Strength and Flow States

**Objective:** Learn to lead resiliently in an uncertain environment by cultivating inner strength and performing optimally by engaging in flow states.

**Target:** Senior Executives, Mid Level Managers, Board Members

**Format:** 2.5 days/ 6 weeks (Two full day modules & a case study)

### MODULES

**Cultivating Inner Strength for Resilient Leadership**

**Engaging in Flow States for Optimal Performance**



# SELF - WELL-BEING & OPTIMAL PERFORMANCE



Advanced Values Based  
Future Leadership Certificate



## SHAPING FUTURE WITH VALUES BASED DECISIONS

—  
Living the Values

**Objective:** Deepen self-leadership practices to determine your inner values, make values-based decisions, and create a values-based resonant future.

**Target:** Senior Executives, Mid Level Managers, Board Members

**Format:** 2.5 days/ 6 weeks (Two full day modules & a case study)

### MODULES

**Making Values Based Decisions**

**(Re)-Designing a Values Based Resonant Future**

# TEAM & CULTURE BUILDING

We partner with leaders and their teams to cultivate a culture founded on shared values, trust, psychological safety, and collaborative spirit. *Our workshops can be integrated into various organizational activities, including strategy days, team off-sites, and special events.*

## TEAM COHESION

### 1 DAY

We work with teams to determine their shared values and use them in decision-making. According to E&Y research, 60% of teams with defined values and purpose perform 10x better.



## ORGANIZATIONAL CULTURE

### 1.5 DAYS

We support organizations to create psychologically safe cultures that encourage risk-taking, reward vulnerability, and provide a values-driven purpose to aim for.

## OUR TEAM

Our growing team comprises highly educated & interdisciplinary humans with solid experience in business and humanities.



**Deepak Bansal**

*Education:* MBA (HSG), MA (Philosophy, USA), MTech (India)

*Experience:* 15+ years corporate with leadership position (COO, Director); Founder – MQ Learning Academy

**Dr. Stefan Bodenstab**



*Education:* Ph.D. (Germany), MBA (RoBe), MNutr. (Spain)

*Experience:* 30+ years corporate with leadership position (VP, R&D); Focus on Business Ethics and Values



**Dr. Sarita Sehgal**

*Education:* Ph.D. (South Africa), MBA (INSEAD), MA (Geneva)

*Experience:* 15+ years in international partnerships & planning (UNAIDS); Focus on Collaboration & Partnerships

## OUR COLLABORATORS





**Visit us:**

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**Contact us:**

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mq-learning.com



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Open Seminar Calendar*