



JUMP academy

Workshops to boost gender equality at work



DRIVE YOUR
**diversity
network**



BOOST YOUR
**female
talent pool**



TRAIN YOUR
**managers in
gender equality**

www.jumpacademy.eu



JUMP is certified "change maker" organisation by Ashoka.
We have the potential to change patterns across society.

We design workshops for both women and men, as well as for women only or for men only!



CUSTOMISATION

We customise the training according to your organisation's specific needs.



EXPERTISE

We work with a team of 60 multilingual trainers all over Europe.

Selection of workshops

Each workshop can be delivered in different languages

GENDER
DIALOGUE

Women and men: the dynamics at work

Gender dialogue at work

Women and men as allies for greater equality and performance

How to recognise and value our gender cultural differences

How to be a successful dual career couple

Gender dialogue : understanding, valuing and capitalizing on our gender cultural differences

The corporate gender equality toolkit

How to avoid gender stereotypes in a communication campaign

Diversity management in teams: make diversity a strategic and commercial advantage

Avoid the pitfalls of gender diversity

Manage women or be managed by women

MEN
AWARENESS

How to engage men in corporate gender diversity programmes

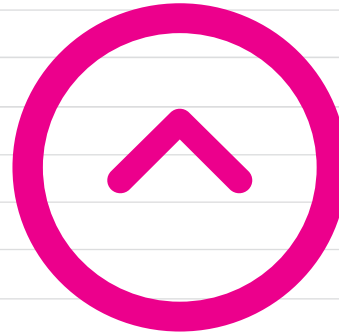
Do men have privileges?

Decode the masculine leadership culture to break the glass ceiling

How to become a better women's ally at work

Identify and manage gender bias

- Setting clear and professional goals for the future
- Delegate and save time
- Shape up your career! Set and achieve your goal
- I stop rushing and I manage my private and professional life
- Elevator pitch
- Stay authentic by discovering your own leadership style
- Increase your impact: convince and influence in a feminine way
- Inspiring people around you: create a « wow » factor
- How to respond to sexist verbal attacks
- Teams commitment and the role of the management
- Projecting a professional and charismatic leader's image
- Female Leadership behaviors
- The art of motivation
- A real challenge for women in business: just a job or authentic leadership ?
- The keys to succeed in a new manager position
- Maximise your talent through a unique personal brand
- Build and boost your network
- Optimise the power of your network through an attractive LinkedIn profile
- "Brain detox" to think "outside the box": the art of effective and creative thinking
- Boost your memory and your creativity with the Mind Mapping
- Be creative and make the difference
- Mindfulness in the workplace
- How to survive your relationship and your career
- Emotional Intelligence: the key to personal and professional success
- Self Confidence: how to transform your pitfalls into powerful resources
- How to better manage your emotions and your communication to increase your self-confidence
- Understanding and managing difficult personalities
- How to recognise manipulators and how to protect yourself against them
- Enneagram: discover yourself and the others
- Avoid burnout : manage your stress and get your vitality back
- Saying « no » without feeling guilty
- It's time to care about your finance
- Manage the little voices in your head and increase your self-confidence
- Self-coaching : discover the unconscious capacity of your brain
- Manage your emotions in front of aggressive behaviour
- Advancing your career
- Increase your power and influence at work
- Non-violent communication
- The language of influence : convincing with integrity
- Facilitating good meetings
- Have impact in your speeches : captivate your audience



TESTIMONIALS

The trainings I have followed within the JUMP Academy gave me a toolbox which arrived in the perfect time in my career. They inspired me to articulate my achievements. I gained in confidence in my professional life and thus in satisfaction and a higher work life quality.

ELISABETH UNTERBERG • TOTAL PETROCHEMICALS

Le niveau de professionnalisme des formateurs sélectionnés est très clairement au dessus de la moyenne. Une organisation et un encadrement toujours chaleureux, soignés et impeccable. Je suis sortie de chaque atelier avec des conseils qui ont changé significativement ma manière de voir ou de penser.

SOPHIE TREPANT • DELHAIZE GROUP

De JUMP Academy helpt hierbij door het invullen van specifieke noden: korte externe sessies met een focus op een welbepaald onderwerp. Een niet te onderschatten meerwaarde is dat dit gebeurt multi-company: een "veilige" omgeving en de mogelijkheid om te leren van mensen uit anderen bedrijven. Onze deelnemers waren altijd bijzonder enthousiast na de sessies.

MATHIEU VEROUGSTRAETE • ING BELGIUM

CUSTOMISED OFFER

We customise all our training offer according to your organisation's specific needs and values. We adapt topic, content, format, duration, language and provide the most qualified expert for your project.

Feel free to contact us!

BRUSSELS: +32 (0)2 346 32 00

PARIS: +33 (0)1 80 40 03 06

info@jumpacademy.eu



THEY TRUST US:

