

Soft Skills & Leadership Development

Workshops and coaching for teams and professionals

Clear Mind, Confident Voice A Decision-Making & Clarity Training Workshop

For teams & individuals who want to lead with clarity, courage, and grounded confidence.



A half-day, experiential training that helps teams:

Move through inner hesitation

Set **clear, respectful boundaries**

Communicate with **emotional clarity**

Make empowered decisions under pressure

For who?

Mid-level professionals, managers, and cross-functional teams

Team leads, HR professionals, high-potentials

Teams wanting to improve decision ownership and boundary-setting



Objectives

By the end of the workshop, participants will:

- » Recognize hesitation and emotional blockers in decision-making
- » Learn how to set and express healthy boundaries with clarity
- » Practice emotionally intelligent assertiveness
- » Understand how stress and internal conflict affect clarity
- » Use practical tools to navigate decisions with more confidence

Workshop Flow

Moving from awareness to action — step by step:

- **Clarity in Action**
Reconnect with what clarity feels like when making decisions under pressure
- **The 3P Blockers**
Identify and shift out of people-pleasing, perfectionism, and protection responses
- **Communicating Boundaries**
Practice real-life scenarios and respectful refusals with professionalism
- **The Clarity Compass**
A practical, science-backed framework to align head, heart, gut, and action
- **Decision Playback Lab**
Apply all tools to real decisions your team faces, in peer coaching groups

What Makes This Work

Real learning methods — experiential, science-backed, and action-oriented

Safe, focused facilitation — space for honesty, emotion, and real insight

Built on experience — Engineering background & mindset, corporate fluency, and human-centered learning design

Science in practice — Tools like the 3P Blockers and Clarity Compass reflect neuroscience, emotional regulation theory, and adult learning principles

The Designer & Facilitator : Danai Leventakou

I come from an engineering background and years of experience in both corporate and educational environments. That shaped the way I approach learning: structured, practical, and focused on real change.

My work blends learning sciences, coaching and facilitation to create human-centered workshops that help people think clearly, communicate better, and show up with confidence.

At the core, I help teams and individuals reflect and realign — not just through theory, but through experience. Everything I design is active, intentional, and tailored to the people in the room.