



A MIX OF

TECHNOLOGY AND TRADITION

Achieve Self Mastery (Series 1)

In the training world, content is king and intrAtrain™ Blended Learning Solutions is the king of content! intrAtrain™ BLS is a revolutionary competency-building model based on the principles of Poly Modal learning. Participants learn more, faster, and with greater motivation than other training systems. Each blended learning workshop is content validated, fully customizable and includes supporting documents.

Courses are organized according to five (5) Series.

Series 1 – Achieve Self-Mastery

Series 2 – Achieve Interpersonal Mastery

Series 3 – Achieve Unit Excellence- Leader/Manager

Series 4 – Enable High Performing Teams – Leader/Member

Series 5 – Ensure Organizational Excellence – Executive

Each course includes valid evaluations, pre- and post-knowledge assessments, expert learning models, proven job aids and competency building skills.

- Participant's Performance Guide
- Fully Scripted Facilitator's Guide
- A Fully Animated Color PowerPoint® Presentation
- Level 1 Standard Workshop Evaluation
- Levels 2, 3, and 4 Fully Integrated Evaluations
- An "Introduction to Poly Modal Learning" Article
- The Skills Reinforcement Process

*Components provided with each course may vary depending on specific license

- The Manager's Coaching Brief Process
- Multiple Behavioral Self-Assessments
- Handouts and Small Group Activities
- A Welcome Letter for Participants
- A Performance/Learning Contract
- A How to Customize Total Performance Guide
- Much More!!!!

Available Courses

- 101 Act with Purpose (Visioning)
- 102 Set Goals to Manage Conflicting Priorities
- 103 Master Your Time
- 104 Thrive on Change
- 105 Make Effective Decisions
- 106 Solve Everyday Problems
- 107 Think Outside of the Lines
- 108 Thrive at Work
- 109 Act with Ethics and Integrity
- 110 Master Essential Business Math

- 111 Motivate Yourself
- 112 Act Safely in the Work Environment
- 113 Take Charge of Your Career
- 114 Be a Successful Team Member
- 115 Master Essential Business Finance
- 116 Support Process Redesign (Performer)
- 117 Prevent On-the-Job Harassment
- 118 Overcome Stress
- 119 Build Your Self-Esteem
- 120 Position Your Career Skills