



WE EMPOWER INDIVIDUALS, TEAMS
AND ORGANIZATIONS TO
TRANSFORM,
DEVELOP
AND **GROW.**

Growthroom is a “greenhouse”, providing the ideal conditions for development and growth, personally and professionally, through individual coaching, team development and corporate training.

We deliver impactful services to develop yourself, your team and your organization, configured and adapted to suit your unique growth challenges and needs.

We are driven by interactive, experiential and practical methods that help to expand and challenge peoples’ thinking and promote creativity.

3000

lives impacted
directly through
our services

480

organizations
touched

9

countries we
have worked in

45

nationalities
reached

Can we collaborate with you to **develop** and **grow**?

growthroom.fi • contact@growthroom.fi



#roomforgrowth

HERE IS WHAT WE OFFER



Individual coaching *Grow as an individual*

- One-on-one leadership and business coaching
- Micro coaching
- Group coaching

Team development *Grow as a team*

- Team coaching
- Team facilitation
- Tailor-made team events

Corporate training *Grow as an organization*

- Coaching skills training
- Coaching certification training
- Tailored leadership and communication training
- Trainer and facilitator training

International Coaching Certification

- In-house coaching certification training
- Open coaching certification training



INDIVIDUAL COACHING

- Grow as an individual -

For when you want to empower people to unlock their potential and to thrive.

We are growth agents assuming a unique role: unbiased and interested in helping people achieve their personal goals in the context of their business.

Did you know that coaching is one of the most effective ways to help people grow? Everyone needs a coach! Coaching is a process that aims at developing, challenging, supporting and empowering people both personally and professionally. Our team of coaches delivers in-depth and transformational coaching processes within the context of your organization, either as external coaches or in-house resident coaches:

- **One-on-one** coaching supports employees in developing a growth mindset. We use powerful questions, reflective inquiry and coaching tools to accelerate their personal and professional development.
- **Micro-coaching** is a recommended sustainability tool after a training or other change initiatives in order to foster participants' continuous learning and development. It is a process that supports individuals through regular and concise text-based or face-to-face coaching conversations.
- **Group coaching** leverages the resources and knowledge of a group of individuals working on a common theme but working towards individual goals. The coach facilitates the individuals' growth and learning, making the best out of collective group experience.

Indicative pricing:

- One-on-one coaching process: 5 to 10 sessions of approximately 1 hour each
- In-house resident coaching: 1 day/week over 3 months
- Micro-coaching: 30 minutes/week/person over a defined time
- Group coaching: from 1 to 2 hours/session

Price guide: €250/hour



My coach was the most natural, genuine and professional coach that I have met. She was very attentive to my needs and it truly felt like she was putting a lot of effort in designing our sessions to help me move forward. Working with my coach was easy and natural, besides which I felt comfortable sharing things with her in confidence. During these couple of months my coach helped me to see things from a new perspective, to re-evaluate my values and to bring clarity to my mind. She definitely had the right and meaningful questions to help me to go forward!

- Sofia, CEO



My coach was a really nice and a positive coach who made me think about things from new perspectives. With the help of her coaching, I was able to form my unorganized thoughts into a clear image. Big recommendation!

- Maria, Marketing & Sustainability Specialist



Through coaching I now have the tools I need to steer my career based my values, not just for the sake of doing it!

- Adi, Project Manager



TEAM DEVELOPMENT

- Grow as a team -

For when developing individuals in a complex and systemic world is not enough. We coach all kinds of teams to perform better and organize engaging and exciting events for up to several hundred people.

The business world is getting increasingly organized in teams, which means that many recurring issues in working can only be effectively solved at a team level. We support teams in collaborating and performing effectively by addressing what matters to them most.

- **Team coaching** is a process where the team regularly pauses - assisted by one or two certified team coaches - to tackle topics related to its functioning in order to move forward towards its goals.
- **Team facilitation** addresses specific topics such as the team's vision, purpose and team building and is a great way to boost the team's performance and motivation to the next level.
- **Tailor-made team events** can bring even bigger groups of teams together to engage in activities that promote a good team spirit, build trust and develop active participation in organizational change.



Indicative pricing:

- Team coaching process: 3 to 4 sessions of 3-4 hours (with 1 or 2 coaches)
- Facilitated team sessions: 2 hours to 1 day
- Team events: 5-200 people from 2 hours to 2 days

Price guide: €3,500/day, €750/hour
(for max. 20 people)



I liked how much we achieved in only two hours! The session contained exactly the things that I hoped for, and I could not be more satisfied. We achieved excellent discussion, and it was great to notice how everyone in the team worded things similarly. Also the timing for this session was perfect and it brought a lot of inspiration into everyday life.

- Anni Helinen, Team lead, Finders Seekers

**FINDERS
SEEKERS**



The day was very good and professional. You were the right coach for us in that moment! Even if there were somewhat heavy discussions involved as well, we're definitely feeling good after the day. Each and every one of us got development tools into our "backpack".

- Minna, CEO



CORPORATE TRAINING

- Grow as an organization -

For when you want to support your key people in growing and want to offer them impactful learning and development experiences that they will remember.

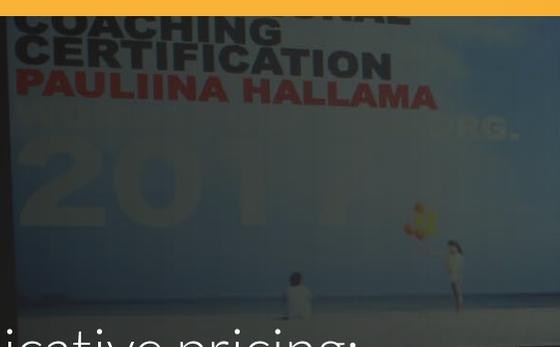
We are experts in delivering high-quality, thought-provoking and engaging trainings, from a 2-hour workshop to 3-day trainings with a strong pedagogical and coaching foundation.

Leadership and coaching training

For when you want to support your key people to develop themselves, their leadership and their impact. We help organizations and their key players (ranging from top management and experts to employees) become outstanding leaders.

Working in increasingly self-driven environments, professionals on all levels are required to develop and take ownership of their self-leadership and leadership skills. We partner with our clients to enable their leaders and professionals to recognize the full potential of their team members and to create an environment where they are not afraid to challenge and support each other to perform better:

- **Coaching skills** training introduces participants to hands-on coaching and interaction models that are easy to remember and to use in any context. Participants understand the key principles of coaching, adopt a coaching mindset and take steps to apply it in their everyday life.
- **Coaching certification training** brings the participants' understanding and coaching skills to the next level, either through participating in our open coaching certification course or through tailor-made in-house certification training (see International Coaching Certification course (add internal link to page 8) for more information).
- **Tailored leadership and communication training** digs into topics that your key people need in order to interact at their best: e.g., working with feedback, challenging conversations, presentation skills and mentoring/advising skills.



Indicative pricing:

- Coaching skills training: from 0,5 day to 3 days
- Coaching certification training: priced according to number of participants
- Leadership and communication training: from 0,5 day to 2 days

Price guide: €3,500/day, €750/hour (for max. 20 people)



I was quite specific about what development my team members really wanted / needed and also how I would like our organization to evolve in the future as a result of this learning experience. Growthroom delivered a high quality, professional and engaging event that suited our needs around day-to-day business coaching and delivery of coaching training with other business leaders. The tools used were simple to understand and the way in which the trainer communicated was very clear to understand and extremely engaging.

- Mark Parr, Senior Learning and Development Manager, Specsavers



This course was “wow”, especially if I think about the fact that this was my first course of this type. What I liked most was the fact that everything was clear and concise, and the fact that the explanations were just right. Most of the things that were presented during the 4 hours, which I more or less I apply both in the lab and on me, made me see some things with different eyes.

- Nadaban Radu, Gualapack



Train the Trainer and facilitation training



When you want your people to shine on stage and deliver impact.

Our master trainers and facilitators share their knowledge and passion with professionals and professionals-to-be in a way that gets them going.

As the need for continuous learning arises in organizations, so does the volume of knowledge and experts that others can learn from. We know that there are many people in the world who are just missing the right tools and confidence to step on stage and deliver powerful learning experiences. Thus, we support professionals in becoming real influencers through:

- **Trainer training** that deepens the learner's skills in both training design and delivery.
- **Facilitator training** that gives the mindset, tools and skills for any professional or leader to facilitate groups towards desired outcomes.



International corporate trainer training with overall satisfaction of **9,3/10**:

“Well planned and a red tread through the whole course! Very professional.”

Participants particularly enjoyed “the practical essence that it is easy to bring with you to real life” and “the balance between the different themes and sections”.

Indicative pricing:

- Trainer training: from 1 to 3 days
- Facilitator training: from 0,5 to 2 days

Price guide: €3,500/day, €750/hour (for max. 20 people)

INTERNATIONAL COACHING CERTIFICATION COURSE

- open / in-house -

For when you want to offer people the ultimate training experience and take their coaching skills to a whole new level. Our International Coaching Certification course has been designed by World Coaching Organization and organized and delivered by us since 2012.

Coaching skills have become increasingly popular in the workplace and are a crucial addition to any professional's toolbox. Teachers, sales professionals, university professors, actors, pharmacists, doctors, designers, agile coaches, engineers, leaders and so many more have joined our courses so far. Anyone can afford to master the best coaching tools and apply them in managing their team, increasing professional results and having a greater capacity to help others.

During the certification training participants:

- Learn a variety of **skills** and **techniques** to take on the role of a coach formally and informally.
- Learn to **interact** more effectively through theory and practice that will support their understanding of others.
- Get to **know themselves better**. Participants have an opportunity to reflect on their values and beliefs with the help of others.
- **Get significant opportunities to practice** coaching techniques to make it easy to transition to coaching afterward. According to our course participants – even the ones that already have a coaching background – it is our practical approach that adds a great deal of value to this course when compared with others.

HOW CAN YOU OFFER THIS LEARNING EXPERIENCE TO YOUR PEOPLE?

We offer two formats, both with their own benefits:

Open course

- Participants exchange experiences and learn from other people from diverse backgrounds
- Content that provides a holistic understanding of personal development
- Cost-effective for fewer participants
- Plants the seeds for a coaching mindset which the participants can apply in their work and personal life

In-house course

- Participants form a common basis of knowledge and understanding, which makes it easy to collaborate
- Tailored content that fits the business context and the learners' needs
- Cost-effective for a bigger group of participants
- Plants the seeds for a coaching culture where coaches support the organization from within

Indicative pricing:

- Open certification course: 3 days (30 hours) classroom training + independent work
- In-house coaching certification: 3 days for groups up to 20 people + independent work

Price guide: €698/participant joining open course, €3,500/day for in-house training



Inspiring, engaging, practical, and so much fun! In addition to providing an introduction to coaching tools to use both professionally and personally, the WCO course drastically improved the way I view human communication and interaction overall. Thank you for a jump start on my way to a new mindset! Full recommendation for anyone, really.

- Saila Kokkonen



If you have ever been interested in developing yourself, understanding yourself or helping others to help themselves, this is worth every penny. World-class trainers teaching you the skills to coach yourself and others is valuable whether in relationships or at the workplace. Big thumbs up!

- Tommi Pollari



If Growthroom makes anything new, it must be interesting and high quality. We have had the majority of our organization attending their coaching courses.

They make miracles.

- Saku Valkama, CEO, Talentadore

talentadore 

TAILORED SOLUTIONS

For when you need more than just a training and want the results to last. We help you identify your coaching or training needs and define concrete outcomes in order to deliver a tailored solution to you.

The most sustainable changes happen as a result of continuous effort and practice, where the learned topics become a part of everyday being and doing. Our core team together with our broad partner network are used to adapting and creating services through combining powerful methods that generate the best learning results. Here are a few examples of tailor-made programs that we have delivered for our clients:

From leading things to leading people
– cultivating a coaching leadership culture:





IGNITING PASSION FOR GROWTH.



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