



**Awaken the  
Excellence**

**MICE**

**Development of companies, teams,  
leaders and managers**

**Behind every successful company  
are successful people.**

**Successful?**

Successful in the individual and team activities that are coordinated with the vision and mission of the company.

**How to achieve success?**

We believe that, taking into consideration all the economic factors, the individual is the key. His well-being, satisfaction and quality of life. When an individual is satisfied, feeling confidence and a natural desire for development - this opens up the opportunity for success.



**Let us create it for you!**

# How can we increase your success?

## Development coaching for teams, managers and leaders / Education and training of employees

### ♥ What?

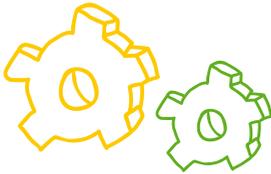
Development Coaching takes place through workshops or, rather, playgrounds, which are an opportunity for experimentation, testing, risk taking and creation outside of established patterns and comfort zone - for action that nurtures success.

### ♥ For whom?

For teams, individuals who occasionally cooperate, managers and leaders ...

### ♥ Why?

A usual scenario is a detected "problem" - something that does not work and we are not satisfied. We want to reach satisfaction, and the road to it is a challenge. Satisfaction, as a desired state, can have a different shape (target): improve teamwork, motivation or to increase creativity. Topics that are recognized as relevant for overcoming the challenges are most commonly:



- ♥ Creativity
- ♥ Motivation
- ♥ Improved communication
- ♥ Efficiency
- ♥ Self-organization
- ♥ Effective time management
- ♥ Setting and meeting goals...

### ♥ How does it look?

Depending on the challenge to be solved, we design a tailored program. Addressing the challenges and achieving the set objective occurs through a variety of activities, and the goal is aware and motivated change of the existing patterns of thinking, feeling and behavior. Emphasized is the interaction and involvement in these activities. Some of the methods and activities: coaching, use of the body and movement, creative expression, meditation, light exercise and dance, self-reflection, playing of games, meeting the challenges in the form of adventure-research missions and more.

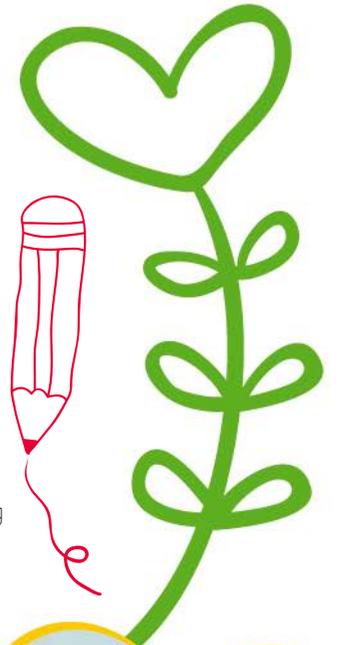
### ♥ How long?

In individual work - regular meetings once a week or once every two weeks. For groups it is a program of several hours, all day or several days workshop - depending on the needs and wishes of the client.

### ♥ How to Become Successful?

Contact us for an appointment or meeting.

Elaboration of the program, topics and activities we will do upon your request and according to the specific situation / customer request. Activities are feasible independently and in combination with other programs that we offer as a part of your program (part of the Congress, coming to the company, part of the team-building programs, etc.).



## Corporate WellBeingness Day-Week (end)

### ♥ What?

Half day, day, weekend or week of activities tailored to your employees in order to increase their well-being and the quality of life.

### ♥ For whom?

For companies of all sizes, teams and groups (sports or other clubs, NGOs and others).

### ♥ Why?

The main objective is to increase the well-being: psychophysical satisfaction that an individual feels. Also, that these changes he and the environment notice in his work and that they are reflected in the perceived and objective quality of life. This situation is a prerequisite for success because they adequately met all the psychological and physical needs, until they were satisfied, allow complete focus on the further development and progress. Thus, allow the self-actualization, which is largely implemented at work.

### ♥ How does it look?

Depending on the profile of the group and the selected duration, we create a tailored program and timetable.

Achieving well-being and increase the quality of life implies satisfaction with all "parts of ourselves": thoughts and attitudes, feelings and moods and behaviors and activities. Also, their co-ordination.

On the program we deal with all parts of the various activities. Coaching and development workshops aimed at creating psychosocial well-being, confidence building, promotion of pro-activity and a healthy positive attitude towards life. Further, for long-term sustainability of this condition, we provide a variety of training and workshops on specific skills associated with well-being: culinary workshops on healthy eating, developing a plan for exercise and motivation for persistence, relaxation and education about the importance of adequate rest, taking care of the physical body: wellness, techniques successful dealing with stress, techniques of effective time management, the balance between work and private life and others.

In addition to the program itself, it is possible to monitor the progress through periodic consultation. Also, consultation in the planning and implementation of the system of health care and well-being of employees.

### ♥ How long?

The program can be a half-day, all-day, weekend or a multi-day program.

### ♥ How to create well-being in your organization?

Contact us for an appointment or meeting. Proposal of the timetable we will create upon request and according to the specific situation / customer request.

The program is a viable independently and in combination with other programs that we offer as a part of your program (part of the congress, the arrival of the company, part of the team-building programs, etc.).





## Information

- ♥ **Duration:** Depending on the agreed arrangement.
- ♥ **Options:** You can choose one activity for a few hours you will incorporate into its existing program as well as one-day or multi-day program that will create it for you.
- ♥ **Additional services:** organization of transport, accommodation and the other entertainment facilities, lunch / dinner / catering in the program.
- ♥ **Location:** We are able to implement programs throughout Croatia.
- ♥ **Price:** This is defined according to the final arrangement and number of participants.

**Come on, for detailed information about each service and proposals individualized programs tailored.**

**We will be happy to design a program that will increase the success of your business!**

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