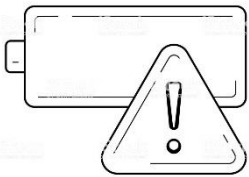


## BURGUNDY PRODUCTIONS

We offer customized training and coaching packages designed to meet all your needs and to have a continuous flow and learning outcomes.

We believe that constant growth should be one of the core values when it comes to self-development.

Some examples of what we offer but you can also [request for a customized quote!](#)

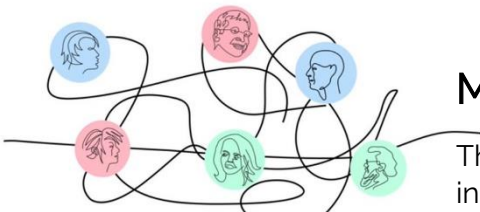


### How to Handle Stress and Avoid Burnout

This course can be delivered over few days or few hours – depending on your goals and needs.

*Main Aims:*

- Defining what is stress and burnout, what are the differences and variety ways to cope with either
- Career guidance and counselling
- Combating failure in everyday life activities
- Everyday life improvement & quality evaluation
- Creating an actionable plan to help your own situation



### Managing Cross Cultural Issues in Education

This course aims to equip educators, employees of the educational institutions and trainers with the essential skills, knowledge and competencies required to work globally, cross culturally and remotely both in formal and informal roles and helping others to develop their multi-cultural awareness.

*Main Aims:*

- Career guidance and counselling
- Understanding the cross-cultural issues
- Awareness of diversity
- Equality vs Equity in education
- Combating failure in education
- Inclusive approaches
- Work environment improvement & quality evaluation



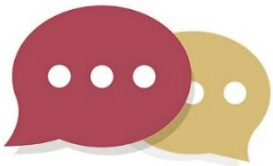
## Radical Creativity

Life outside the usual routine and life worth living is a creative life. We offer a unique opportunity to experience and practice what it is like to inhabit your own story in your own authentic way and to make space for your own vision and freedom.

No matter how old you are, what is your current situation and/or what is your profession, you can always find something new, discover, surprise yourself and play.

Main aims:

- Change of the perspective
- Ways to get inspired and eventually - unstuck
- Re-evaluate existing patterns
- Identify path for change
- Top tricks and tips and values of procrastination
- Self-evaluation and awareness

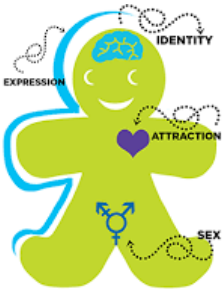


## Authentic Communication

The course explores communication in all aspects with a special focus on authentic communication and how it can be used in personal and professional life. Through new knowledge and active learning methods you benefit from new experiences and ideas on how to face communication challenges in your professional (and personal) environment(s).

Main aims:

- to explore how to listen and converse with your head, heart and body
- to learn about key communication concepts based on the Global Competences research and Theory U
- to learn about the 4 ears of communication of Schulz von Thun
- to experience new practices for authentic communication and how this builds trust and self-esteem
- to exchange ways of communicating as a leader with other professionals from different cultural background(s)
- to return home with communication practices for implementation in your personal and professional life



## Gender Education

This course is designed to encounter and experience different approaches when it comes to gender education, to learn about the gender bread person, draw and explore from own experiences.

Further on, it challenges participants to think about how they will apply this to their work/lives (during the course and after)

Main aims:

- to raise awareness of non-binary gender
- learn from own experiences and self-awareness
- to explore the concept of the Gender Bread Person
- to discuss gender in everyday life context
- to raise awareness and discuss privilege
- change perspective and explore



## Gender and LGBTQ+ Umbrella

This course is meant to discuss about gender in the context of LGBTQ+ umbrella, give basic knowledge about approach, pronouns, raise awareness and also provide tips and tools how to handle different situations in work life and everyday life.

Main aims:

- to reflect upon the first impressions with LGBTQ people and identity and how it changes over someone's lifetime
- to help participants to be able to separate myth from fact, and accurate information from hearsay, regarding popular misconceptions about LGBTQ people.
- to facilitate participants for them to be able to describe the difference between biological sex, gender identity, gender expression, and attraction
- to be able to identify the difference between the L, G, B, Q, and the T of LGBTQ
- to be able to identify privileges that they take for granted in their everyday life
- to have a clearer understanding of the importance of language in relation to creating affirming environments LGBTQ individuals



## Emotional Intelligence & Well Being

The course is an opportunity to develop bringing awareness to the experience moment by moment and it will offer the chance to take time out from the busyness of life and reconnect with oneself and the natural world around us.

The course invites to explore and experience:

- how to get prepared for frequent and abrupt change with attitudes, practices and inner readiness to efficiently and peacefully navigate the daily routine, the stress and the unexpected situations
- how to integrate simple and effective practices in the work place, for becoming more resilient and feeling well for oneself, the colleagues and the work to be done
- how to combine old wisdom and new research for triggering sustainable well-being and accessing the natural healing energies within us
- how to use the emotional intelligence for responding to difficult situations and conflicts with a more open mind and in moving forward with clearer focus



### Very important:

We offer ideas for something that we would like to custom design for YOUR target group, organization or team. We can provide customized approach with varied timing, follow up plans and delivery over different mediums (in person, online, etc.)

# CREATIVE AMBITIONS

## Your trainers:



### Evelina Kvaltunaite

is a producer and an event concept & branding executive as well as the co-founder of Burgundy Productions. She holds degrees in Engineering and Process Management as well as certifications in training, facilitation and life coaching.

She has been working internationally as a trainer, coach and facilitator since 2003 mostly with ICL, NVC, creativity, gender and LGBTQ+ education, self-development, mediation, conflict management and self-care topics.

She is passionate about psychology, creativity and human behavior.

### Ennio Burleson

is a spoken word artist, songwriter, producer, event organizer and the co-founder of Burgundy Productions.

He has experience in team management, coaching in both a corporate and an artistic environment. After his International Business Management Studies, he obtained several IT and process management certificates.

He has been working with (young) adults 15 years, providing coaching and creative guidance. Internationally he has experience performing across Europe and collaborating with international artists on a regular basis, creating and/or producing content.

