

Workshops · For teams and leaders

Give your team tools for everyday challenges.

We practise situations from your day: focusing amid interruptions, conversations under pressure, understanding customers or collaborating within the team. Participants leave with a practical tool and a plan to put it into use.

Hands-on practice, feedback and a practical output to use after the workshop.

Ossama Alasmar

A specialist in neurosurgery, with medical education and specialist training completed in Germany and experience building businesses and leading teams in Dubai. I connect medical and neuroscience knowledge with situations people face at work and in everyday life.

Arabic · German · English

In person or live online, depending on the service and agreement



Neuroscience for work and everyday life

Topics shaped around your needs

Focus and the working day

Review interruptions and priorities. Output: a focused-work plan and clear communication boundaries.

Leadership and conversations under pressure

Rehearse a difficult situation. Output: a conversation planner and questions for reviewing a decision.

Understanding customers and clarifying messages

For sales or marketing. Depending on the focus: a customer-question guide or a revised message and an idea for testing it.

Team collaboration

Review a real situation involving collaboration and roles. Output: a clear agreement on responsibilities and the next step.

Start with a real situation

We choose one main track and cases from your organisation without personal information. We agree on a reviewable output in advance and use a short exercise before and after training to discuss what has changed.

What will you take away?

- Hands-on practice with real situations from the team's day.
- Feedback to reflect on and improve what participants try.
- A usable tool and an application plan for the following two weeks.

Workshops

How we work together

Half-day: 3 training hours. Full-day: 6 training hours. Up to 20 people in the core format, excluding breaks. Larger groups and multi-day programmes can be discussed.

Preparation

A briefing of up to 45 minutes and a short professional-needs questionnaire. We choose the objective and cases and adapt the materials.

Practice

The half-day focuses on one skill and a main case. The full-day allows repeated practice, group work and revisions.

Application

Digital worksheets and an implementation plan with a behaviour or output to review. Further follow-up can be included in the proposal on request.

A proposal for your needs

We start by discussing your needs and the purpose of the engagement. You then receive a written proposal setting out the scope, fee and any additional costs before committing.

Travel, accommodation and applicable taxes are itemised in the proposal. Recording, redistribution and simultaneous interpretation require a separate agreement. The organiser provides the venue and equipment or online platform.

Keynotes and workshops provide education and practical activities. Research findings are distinguished from personal experience. No specific health or commercial outcome is guaranteed.

Enquire about a workshop

Tell us about your organisation, team and group size, challenge, preferred date, location or online format, and language.

ossamaalasmar.com/?lang=en#workshops

The QR code opens the address shown below.

