

Transformative soft skills training courses for anyone wanting to succeed in the workplace

**Internationally
experienced
trainers**

**Real-world strategies
Proven techniques
Innovative ideas**

**Real value for money
Starting Ksh. 9,900**

**Full day courses packed
with practical and
life-changing learning**

Presentation Skills

Stand out in work and business with powerful presentations

Time Management

Make your time work for you! Be more productive, get more done

Communication Skills

Change the way you communicate and work with others. The difference can be life changing

Customer Service

It's much more than just a smile. Excellence in service training to set you apart

Creative Problem Solving

Transformative training to build creativity and innovative thinking

Conflict Resolution

Channel your differences with others and build meaningful, high performing teams

Negotiation Skills

Learn the power of influence, persuasion and work to win-win solutions

Our Training Calendar

Presentation Skills

Stand out in work and business with powerful presentations!

Thursday 19th April, 8.30 – 5.00

Time Management

Make more of your time! Be more productive, get more done!

Friday 8th June, 8.30 – 5.00

Communication Skills

Change the way you communicate and work with others. The difference can be life changing!

Thursday 5th July, 8.30 – 5.00

Customer Service

More than a smile. Excellence in service training to set you apart!

Friday 10th August, 8.30 – 5.00

Creative Problem Solving

Transformative training for creativity and innovative thinking!

Thursday 13th September, 8.30 – 5.00

Conflict Resolution

Manage your differences to build meaningful, performing teams!

Friday 12th October, 8.30 – 5.00

Negotiation Skills

Learn the power of influence, persuasion and win-win solutions!

Thursday 15th November, 8.30 – 5.00

BOOK TWO WEEKS BEFORE TRAINING and SAVE with Early Bird rate of Ksh. 9,900 per delegate

Regular Registration Ksh. 11,900 per delegate

Registration includes all training materials, certification, refreshments and hot buffet lunch

Our Specialist Team



Lucy Brewster

Lucy is an experienced, professional communications and training consultant with more than 20 years' international experience. She arrived in Kenya in 2013 and now heads up **Lantern Training**. Previously Lucy was a Board Director for a global communications company, providing advisory, consultancy, facilitation and training for many international companies. Her specialty lies in helping corporate teams and individuals to build interpersonal and professional skills through practical application and she is well respected for her innovative training methods and inspirational training style.



Anne Tangai

Anne has a Masters in Human Resource Management for the Hospitality and Tourism Industry from the University of Strathclyde, UK. She has over 10 years' experience in communication and customer care in the UK and Kenya, working for five star properties Fairmont Kenya, Sankara Nairobi, and the Serena group of hotels in Africa. She specialises in helping organisations examine how their employees interact with each other and with their customers in order to create more profitable behaviours. She has the ability to establish an immediate connection with her audience that enables her to deliver interactive and practical training.



Justa Njeri

Justa has 8 years' valuable experience in developing and delivering adult soft skills training. Her specialisation is in nonverbal, verbal and written communication skills and in helping groups and individuals develop strong interpersonal skills to enhance teamwork and productivity. Being a natural motivator, Justa's passion as a trainer is to equip trainees with the knowledge, practical skills and motivation to carry out work-related tasks by improving their communication and interpersonal skills and enabling them to fulfill their potential within organisations.