

# Become your greatest version.

We are Practise, a training and consultancy organisation which offers long-term development of managers and employees. In this presentation, we further describe how we work and how we can help you and your organisation to become your greatest versions. Welcome to Practise.



# How often do you train at what you do at work?

We have all heard the catchphrase, practise makes perfect, which is something we truly believe in. For this reason, we do not like using the terms management consultant or HR specialist to describe ourselves, even if there is some truth in it. What distinguishes Practise from the rest is the high level of importance we place on the actual training itself.

What we offer has its basis in research and science, but no less important is the opportunity for participants to experience, feel and gain their own insights. Our courses and training programmes offer purely practical steps to improve as professionals and as an organisation.

## **Examples of development areas we are happy to assist with:**

- Leadership and management training
- Executive team development
- Conflicts and psychosocial challenges
- Development of high-performance teams
- Leadership coaching
- Recruitment tests

# Our clients

If you ask us, leadership and employeeship are two areas of equal importance, which is why we work with all professions and job roles. Company boards, executive teams, managers, individual employees, teams, departments and entire organisations.

Our clients include both local and major global companies, some of which we have collaborated with can be seen below:





# Ready to be best practise?

Are you prepared to invest in your staff to achieve high-performance and happy employees in an efficient organisation? Research shows that employee involvement has a direct impact on a number of company KPIs.

Companies and divisions with committed employees:

- are more productive
- are more profitable
- enjoy better work performance
- have happier customers
- have less accidents, and
- lower sick leave

*“Training through practise not only leads to an effective organisation with improved results and increased work satisfaction. It also results in managers and employees who develop to their full potential, become more autonomous, can take responsibility and act as valuable ambassadors both inside and outside the company.”*

*David Ol-Lars, Senior Consultant,  
Practise founder*



# How we work at Practise

## Long-term impact is a passion

We share a strong passion for team-building, leadership and personal development. We are passionate about understanding an organisation's challenges and being able to offer major support to bring about a lasting long-term impact.

## World-leading training methods

We strive to be a world leader using modern training methods combined with the most substantiated scientific theories.

## Train hard, fight easy

We help our clients to be ready for the unexpected – and have the capability to perform when this happens. We create safe conditions for participants to train outside their comfort zone to make it easier to cope with the real thing.

## Fun together

In order to have a long-term impact, we believe in closely collaborating with our clients to work as a team. The best results are always achieved when we have fun together.

## Constant learning

We are curious and want to develop constantly. A humble approach is a given as it helps both clients and partners to learn more. We love sharing our knowledge and insights.

# Meet our consultants

Common to us who work at Practise is that we have a long experience of business development, coaching and leadership. We are known for our personal commitment and our focus on the whole.



**David Ol-Lars**

Senior Consultant, Founder Practise  
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David is one of our most experienced consultants and an expert in scenario-based training. He supports government agencies and private organizations with team and leadership development. He has a background from the Police National Counterterrorist Unit, and many years of experience from leading and developing high-performance elite-teams.



**Natalia Pšajd**

Senior Consultant  
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Natalia has a background from leadership and from business development. Prior to that she had a professional track and field career. For more than twenty years her work has focused on developing people and organizations in different national and international companies. She has been working as a coach and lecturer in personal development since several years.



**Sebastian Irehill**

Senior Consultant  
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Sebastian helps organizations recognize the significant role people play in business performance and what makes the fine-tuned difference between failure and success - whether it's leadership development, team development, conflict management or crisis management. With a background as a psychologist and former senior partner in Ledarskapscentrum, Sebastian has worked internationally in various branches and industries