Helena Frey

HUMAN CAPITAL DEVELOPMENT
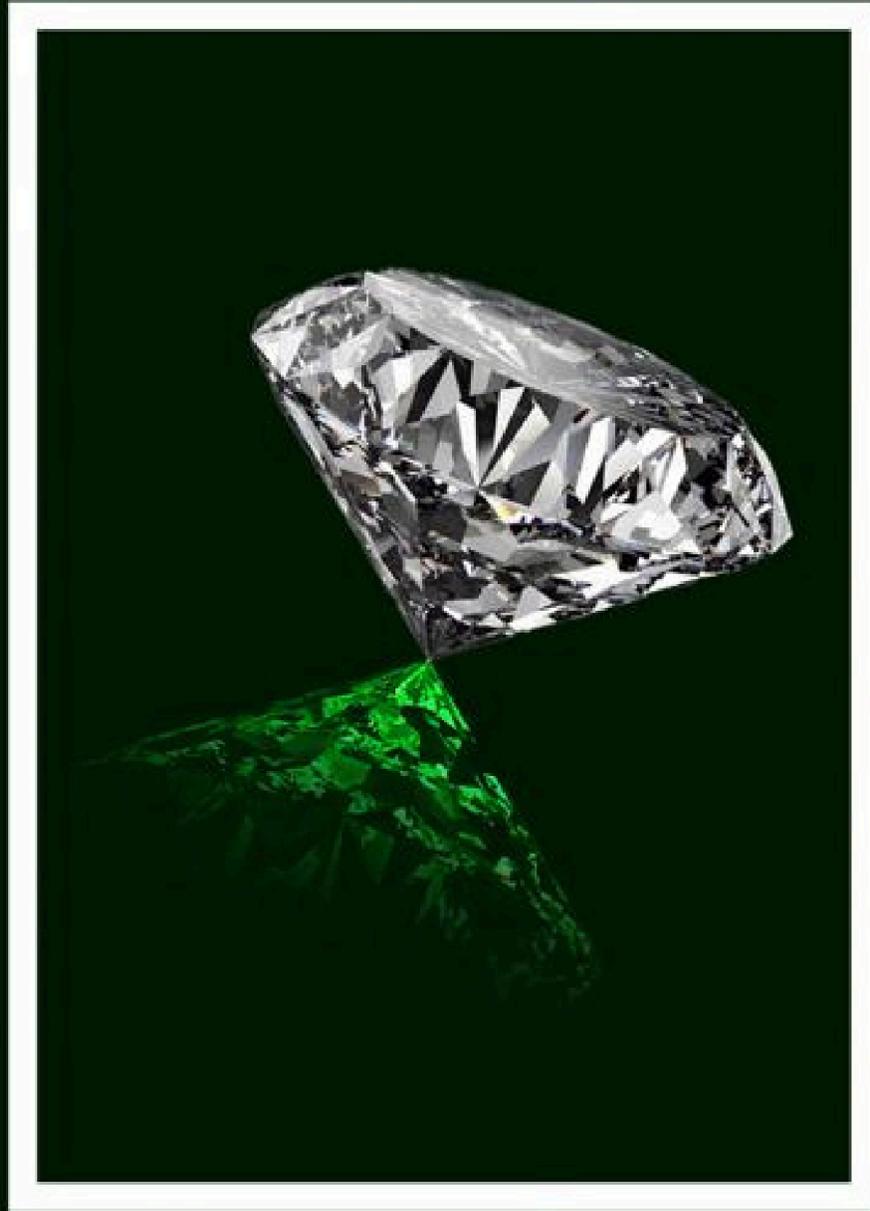
TRAINING OPEN CLASS
September 2025

Helena Frey
HUMAN CAPITAL DEVELOPMENT

3RD & 4TH SEPT 2025

M Y D I A M O N D
habits™

Fundamental principles and sustainable practices for effectiveness and goal attainment in work and life.

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INVESTMENT: N 250,000

YOU ARE A DIAMOND IN THE ROUGH!

- Who are you and what truly drives the choices you make?
- Are you maximizing the potential within you, or are you letting it drift unnoticed?
- Are you leveraging your strengths to build something of value?
- What habits are you reinforcing? Are they propelling you forward or holding you back from your next breakthrough?
- As a team, are your daily choices, actions, routines, and habits strategically aligning you all to your grandest goals and aspirations or simply keeping you all busy?
- Are you embracing discomfort as a necessary ingredient for progress, growth, or are you avoiding it?
- What small but powerful shifts can you begin today that will compound into extraordinary results over time?

THE TRUTH… that extraordinary life, success, performance and results you seek are not stumbled upon.They are shaped, curated and intentionally cultivated. Daily you are like raw diamonds, whose brilliance though there but must be refined with discipline, vision, and intentionality to produce the sought after finished product.The questions are-

- Are we ready to challenge yourself?
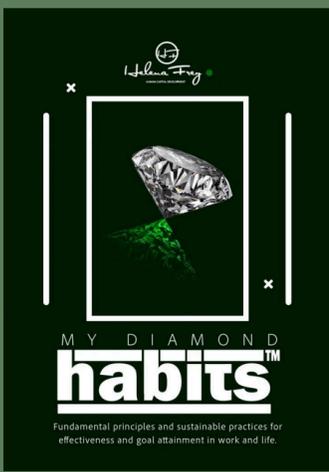- Do we have the courage to make this deep journey to birth greatness?

MY DIAMOND HABITS™ Training is an off shoot of extensive research into the rudiments of curating a transformational, result oriented and fulfilling work and life.With the understanding that in both work and life, the pursuit of excellence is a relentless quest; an unyielding journey- one where we stand each day on the brink of extraordinary opportunities waiting to be seized by only the courageous.

Built on the philosophy that brilliance is not accidental, and we are always capable of more, this training equips participants with the understanding, principles, tools, habits, and mindset necessary to shape their best selves and achieve sustainable high performance in both personal and professional domains.

If an EMERALD DIAMOND is within you, to unravel your brilliance, you must be open to the polishing, heating and relentless refining that work and life presents by chiseling away limiting beliefs, excuses, self-sabotaging habits, polishing of mindset, strengthening of character, to create the opportunity for growth. In each module. participants are challenged to reassess who they are today and who they want to become.Again, the questions are-

- Are you ready to embrace the intense process?
- Are you ready to confront certain truths?
- Do you want to curate the rare, extraordinary gem you were meant to be?
- Do you want to be the radiant emerald diamond you are capable of?

THE CHOICE IS YOURS!

3RD & 4TH SEPT 2025

FEATURES OF TRAINING:

- Diverse Assessments
- 3 Thought-Provoking Case Studies
- 8 Modules
- Group Exercises and Presentations
- Interdisciplinary Ideas and Concepts
- Commitment Compass Session (IDP)
- Expert Facilitation
- Certificate of Completion

FOR WHOM:

- All levels of staff who are seeking to lead better and improve productivity at all levels.

- Organizations who are seeking to instill self-leadership and goal-oriented behaviours in their teams.

WHY NOW?

Because...
- Time will not wait
- Potential does not polish itself
- Excellence is not accidental.

MODE OF TRAINING:
Physical

DURATION:
2 Days

TRAINING LOCATION:
Parkview Estate, Ikoyi, Lagos

TO REGISTER:

CLICK HERE

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FOR MORE INFORMATION

HELENA FREY is a human capital development company dedicated to building a balanced and functional workforce who are capable of meeting the challenges of work both personally and professionally.

CONTACT US:

**+2349074350511, +2349018040465
+2348023222139, +2349022927627**

TO REGISTER:

CLICK HERE ✦

'You are only one training away from your next breakthrough'

Helena Frey •
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WWW.HELENAFREY.COM