



Helena Frey

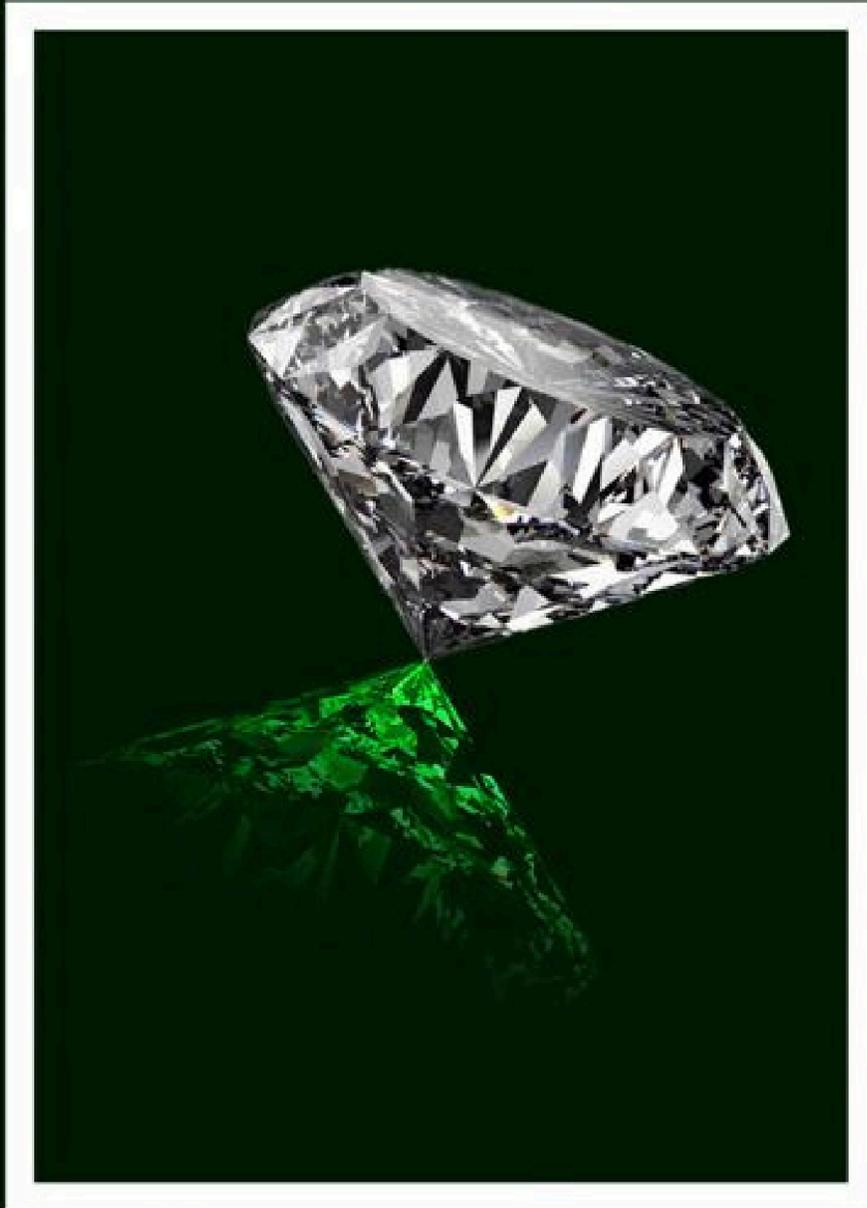
HUMAN CAPITAL DEVELOPMENT



TRAINING OPEN CLASS
NOVEMBER 2025

My DIAMOND
habitsTM

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



M Y D I A M O N D
habitsTM

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

DO YOU WANT YOUR STAFF TRAINED TO STRENGTHEN YOUR TEAM WITH...

- **Self-Leadership skills and**
- **Agentic behaviours that drive ownership, initiative and accountability?**

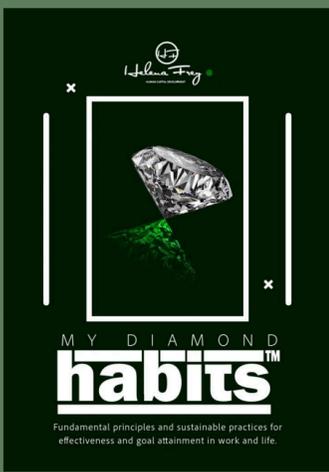
MY DIAMOND HABITS™ Training is the plug!

It is a transformative experience designed to unearth the brilliance in everyone and challenge them to show up daily at their highest self.

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 the focused and prepared.

Just as diamonds are born under extreme pressure, our leadership potential will be best realized when we embrace the challenges, appreciate pressure as a privilege and apply ourselves more diligently and intentionally.

MY DIAMOND HABITS™ training is designed to offer participants powerful opportunities at all levels to self-audit objectively, evaluate the programs they are operating on and equip them with the knowledge, skills, and wisdom needed to not just navigate but thrive in both their personal and professional life.



INVEST IN YOUR TEAM TODAY !

Empower them with life-long ideas and principles they can apply immediately to-

- Inculcate more disciplined work habits that reduce wasted time and increase efficiency.
- Create the mindset and culture of reliability and follow-through.
- Break mental models that encourage procrastination.
- Understand the principles and techniques to stay consistent with personal and professional goals.
- Understand the habit loop as a tool for breaking bad habits and developing new ones.
- Bounce back from setbacks and mistakes.
- Stay flexible and agile in a changing world.
- Be an agentic person, regardless of the role.
- Lead from within, think like owners and founders.



FOR WHOM:

- Persons seeking to self-audit, improve productivity and work-life- Integration.
- Teams and Organizations seeking to instill self-leadership, goal-oriented and agentic behaviours in their staff.

For more details call:

+2348023222139

+2349078867511

+2349022927627

TO REGISTER:

[CLICK HERE](#)



DELIVERY OPTIONS:

- In-Plant: Just your team,
Call: +2348023222139
- Open Class: Register Today

MODE OF TRAINING:

- Physical

DURATION:

- 2 Days (4th & 5th NOV. 2025)

TRAINING LOCATION:

- Parkview Estate, Ikoyi, Lagos

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:

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TO REGISTER:

CLICK HERE 

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