

overview training courses

Strengths

Everyone has strengths! The things that make you unique, what you're good at, and what gives you energy. While we often focus on improving our weaknesses, the Strengths training zooms in on what makes you powerful. Using NJR's Strengths Game, participants gain insights into both their own and each other's strengths. Then, we translate that into practice: concrete tools to use your strengths to reach your goals and collaborate effectively.

Presenting

Anyone can learn to speak like a TEDx speaker! In this training, you'll discover how to craft a compelling story, manage your nerves, and stand in front of a group with confidence. We'll work on the foundations of a powerful presentation: from storytelling to nerves of steel.

Debating

We all disagree sometimes. But how can you share your own perspective while also listening to others? In this debate training, you'll gain tools to participate enthusiastically and confidently in a debate. You'll learn the basics: listening, confronting, and structuring your arguments. We'll also cover staying focused and forming strong arguments. In a safe environment, you'll practice convincing and defending your point of view.

Promote your event

You're organizing something awesome, the content is great, but... registrations are low. Even when it's free—frustrating! In this training, you'll learn how smart promotion does fill the room. We'll work with effective content, social media, and timing to grab attention and reach people. From posters to reels—you'll walk away with share-ready content!

Teambuilding

In the Teambuilding training, participants focus on how their group or team functions. Through exercises, challenges, and reflection, you'll discover your team's strengths and what gives each member energy. You'll also explore group dynamics—how do you relate to each other? Once you answer these questions, you'll know how to function effectively as a team.

Storytelling

In this training, you'll write a story that truly resonates with your audience. Your story will meet their needs and grab their attention. You'll gain tools to make your story as impactful as possible: keeping it simple, adding surprises, making it credible, and sparking emotion. A strong story is unforgettable.

Increase your influence

Have you always wanted to make more impact but didn't know where to start? Whether you want to create change at school, at work, in your neighborhood, or even in (local) politics—your voice matters. In this training, you'll learn how to convey your ideas convincingly and get others on board. You'll practice with tools to make real impact in your environment. Not later, but now.

Effective meetings

"We spent an hour meeting about why our meetings take too long." Sound familiar? Meetings don't have to be boring or endless. In this training, you'll learn how to run meetings effectively and with purpose. We'll work on clear communication, preparation, and role division. You'll gain insights into your team's group dynamics, your own meeting style, and common pitfalls. Together, we'll work toward improvement and tangible outcomes—so every meeting is worth the time.

Didactic skills

Every group has different learning styles, energy levels, and concentration spans. In this training, you'll learn what makes a training, class, or session successful. Afterwards, you'll be able to hold your participants' attention and ensure your message truly comes across.

Volunteer management

In the Volunteer Management training, you'll learn about the 5 P's of volunteering (based on the Dutch "5B's"): Placing, Providing support, Praising, Preserving, and Parting ways. You'll discover how to apply these effectively to different types of volunteers and how to keep them motivated. Empower your volunteers!

Social safety

Social safety at work is essential for feeling good, developing yourself, and being productive and creative. But what does social safety really mean, and what does it require? That can feel vague or complicated. In this interactive training, you'll explore the topic of social safety together: what is it, and how can we create it as a group?

Time management

Many young people experience stress and lack of structure. In this training, participants learn techniques to set priorities and work toward greater productivity, enjoyment, and peace of mind. Planning is a key part of this. In small groups, participants create an action plan and practice organizing their time so they're working on the right things at the right time.

Handling feedback

Giving feedback might sound easy, but many people find both giving and receiving it challenging. How do you give feedback that the other person can actually use? How do you prevent tension and avoid hurting feelings? In this training, you'll learn the importance of constructive feedback—both giving and receiving it openly. This skill will take your interactions with others to the next level!

Communicative leadership

You don't have to be a born leader to communicate powerfully. Take your leadership skills to the next level: learn in an accessible way how behavior works and how you can steer it through communication. In this interactive training, you'll learn how your behavior influences others, how to handle challenging situations smartly, and how to improve your connections with others. Practical, fun, and directly applicable everywhere.

Move your mindset

It all starts with your thoughts! Unfortunately, our thoughts often unconsciously drift toward the negative. In the Move Your Mindset training, participants become aware of the power of positive and negative thoughts—and how much influence they actually have. With practical tools, participants practice shifting from a negative mindset toward a more positive one, boosting resilience, (self-)awareness, well-being, and growth.

Effective conversations

Using basic conversation techniques, you'll learn how to structure and deepen your dialogues. This is useful in any professional setting, but just as valuable in daily life. After practicing in this training, you'll feel more confident taking the lead in conversations and won't shy away from difficult ones.