

The logo consists of the letters 'MQ' in a white serif font, positioned inside a purple square with a white horizontal line underneath the 'Q'.

MQ

LEARNING

HUMANISTIC SKILLS FOR THE DIGITAL AGE

Self - Relational - Strategic

2023 Catalog

mq-learning.com

THE CHANGING WORLD AROUND US

WORLD ECONOMIC FORUM

Technological changes are driving the need for reskilling.



1 bn

people to be re-skilled by 2030.
Human skills as important as technical.



9/10

people are willing to earn less money to do more meaningful work.

HARVARD BUSINESS REVIEW

Millennials are demanding a refined style of leadership.

MCKINSEY STUDY

Mental health is increasingly being recognized as a challenge.



59%

of employees reporting at least one mental health challenge.

Humanistic skills are more important than ever in the 21st century.

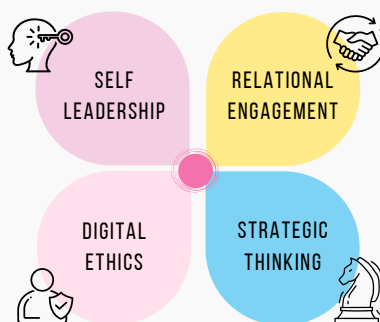
SHAPING THE FUTURE OF LIFE LONG LEARNING

Meaning Quotient - MQ learning is a Swiss-based **EduQua certified** educational institute focusing on **deepening humanistic skills** in people and organizations.



OUR APPROACH

- Re-skilling **Personal, Relational, Strategic, & Digital** humanistic skills.
- **Multi-Disciplinary** perspective - leveraging philosophy, psychology, arts & culture, and business research.
- **Face to Face**; experiential, interactive, and conversational.



OUR OFFERINGS

- **Short Certificate Program** (2.5 days/ 6 weeks); **One-Day Workshops**; **Half-Day** humanistic skills modules.
- **Business Programs** to handle specific challenges.
- **ThinkGym** as evening programs to flex our critical thinking muscles

Participants of our trainings work in companies like:



CERTIFICATE PROGRAM - SELF LEADERSHIP



Leading Self in a VUCA World

ADVANCED RESILIENT
LEADERSHIP CERTIFICATE

Objective: Learn to develop inner resilience and embed a growth mindset to navigate the complexities of the VUCA world in a meaningful flow state

Target: Mid Level Managers, Senior Executives.

Format: Two days intensive (four 3.5-hour modules) & half-day case study

MODULES

Develop Resilience with a Growth Mindset (Day 1)

Developing Resilience

Cultivating Growth Mindset

Meaning Making

Deepening Flow Awareness

Deepening Flow States with Meaning Making (Day 2)

Each module can be taken separately: details at mq-learning.com/resilientleadership

CERTIFICATE PROGRAM - SELF LEADERSHIP



Values Driven Self Leadership

ADVANCED VALUES DRIVEN SELF
LEADERSHIP CERTIFICATE

Objective: Deepen Self-Leadership by making values-driven decisions & designing the future you want to live in

Target: Mid Level Managers, Senior Executives.

Format: Two days intensive (four 3.5-hour modules) & half day case study

MODULES

Leading a Values Driven Life (Day 1)

**Making Values
Driven Decisions**

Living Your Inner Values

Reimagining Your Future

Designing Your Future

Re-Visioning Your Future (Day 2)

Each module can be taken separately: details at mq-learning.com/selfleadership

CERTIFICATE PROGRAM - PEOPLE ENGAGEMENT



Systemic People Management (for New Managers)

FOUNDATIONAL SYSTEMIC PEOPLE
MANAGEMENT CERTIFICATE

Objective: Learn effective Team & Stakeholder Management techniques to shift the perspective from individual contributor to people manager

Target: New Managers (1-3 years) or upcoming people responsibilities.

Format: Two days intensive (four 3.5-hour modules) & half day case study

MODULES

Building High Performance Teams (Day 1)

Knowing Self & Knowing Others (DISC)	Designing Interactions & Constructive Feedback
Engaging & Nudging Stakeholders	Embedding Service Excellence Mindset

Service-Oriented Stakeholder Mgmt. (Day 2)

Each module can be taken separately: details at mq-learning.com/people-management

CERTIFICATE PROGRAM - PEOPLE ENGAGEMENT



Leading with Psychological Safety

ADVANCED PSYCHOLOGICALLY SAFE
LEADERSHIP CERTIFICATE

Objective: Learn leadership techniques for creating psychologically safe spaces and building a learning culture through a service mindset

Target: Senior Executives and leaders with people responsibilities.

Format: Two days intensive (four 3.5-hour modules) & half day case study

MODULES

Creating Psychologically Safe Spaces - Individual Leadership (Day 1)

Leading with a Service Mindset	Conducting Values Enhancing Conversations
Fostering a Learning Culture	Empowering through Values

Building Psychologically Safe Culture - Collective Leadership (Day 2)

Each module can be taken separately; details at mq-learning.com/peopleleadership

CERTIFICATE PROGRAM - STRATEGIC THINKING



Sharpening Strategic Skills

FOUNDATIONAL STRATEGIC
THINKING CERTIFICATE

Objective: Learn foundational strategic skills using consulting toolkit for structured big-picture thinking, & succinct communication

Target: (Senior) Consultants, Early to Mid-Level Managers

Format: Two days intensive (four 3.5-hour modules) & half day case study

MODULES

Problem Solving & Structuring Projects (Day 1)

Strategic Problem Solving

**Structuring Strategic
Projects**

Strategic Communication

**Storyboarding Strategic
Presentations**

Strategic Communication & Storyboarding (Day 2)

Each module can be taken separately: details at mq-learning.com/strategicthinking

CERTIFICATE PROGRAM - STRATEGIC THINKING



Becoming a Strategic Partner

ADVANCED STRATEGIC
MANAGEMENT CERTIFICATE

Objective: Become a strategic partner to senior executives by simplifying decision-making & managing complexity through a service mindset

Target: (Senior) Project Managers, Program Leads, Mid-level Managers

Format: Two days intensive (four 3.5-hour modules) & half day case study

MODULES

Advanced Strategic Thinking Toolkit (Day 1)

Simplifying Decision Making	Leveraging Key Strategic Frameworks
Managing Emerging Complexities	Mastering Service Excellence

Strategic Management in a Changing World (Day 2)

Each module can be taken separately: details at mq-learning.com/strategicpartner

CERTIFICATE PROGRAM - DIGITAL ETHICS



Embedding Digital Ethics by Design

FOUNDATIONAL DIGITAL ETHICS
DESIGN CERTIFICATE

Objective: Learn the approaches to embed ethics in the design of digital transformations and technologies

Target: Early to Mid Level Managers, Transformation Managers

Format: Two days intensive (four 3.5-hour modules) & half day case study

MODULES

Understanding Digital Ethics Challenges (Day 1)

**Data Protection
(Privacy & Security)**

Fairness & Transparency

The Future of AI

Ethical by Design Strategies

Devising Ethical by Design Strategies (Day 2)

Each module can be taken separately: details at mq-learning.com/digitalethics

OUR FACILITATING PARTNERS

Our growing team comprises highly educated & interdisciplinary humans with solid experience in business and humanities.



Deepak Bansal

*Founder - MQ Learning,
Philosophy, Meaning,
Strategy*



Dr. Stefan Bodenstab

*Business Values & Ethics,
Psychological Safety, Co-
owner Yogaflame Studios*



Dr. Sarita Sehgal

*Cross-sector Partnerships,
Coach, Intl. Development,
Vedantic Philosophy*

OUR COLLABORATORS

Quality Label



Digital Ethics



SWISS 
DIGITAL
INITIATIVE

Booking Platform



Details at mq-learning.com/team

BUSINESS PROGRAMS

Each business is different. We work with leadership teams and key stakeholders to enable a shift toward becoming a more future-oriented values-driven organization.



REIGNITING VALUES IN BUSINESS

ORGANIZATIONAL VALUES

1-2 DAYS

We support organizations to reignite values in their DNA. Reignited values enable companies to build trusted brands, loyal customers, and engaged employees.

TEAM COHESION

1 DAY

We work with teams to determine their shared values and use them in decision-making. According to E&Y research, 60% of teams with defined values and purpose perform 10x better.



BUILDING SHARED VALUES DRIVEN TEAMS

Details at mq-learning.com/businessvalues

BUSINESS PROGRAMS

Creating a sense of meaning and understanding that the work is purposeful increases collaboration by 57%.

Gartner-Gallup Study - 2017



CREATING PSYCHOLOGICALLY SAFE ORGANIZATIONS

ORGANIZATIONAL CULTURE

1.5 DAYS

We support organizations to create psychologically safe cultures that encourage risk-taking, reward vulnerability, and provide a values-driven purpose to aim for.

LEADERSHIP DEVELOPMENT

2.5 DAYS/ 6 WEEKS

We enable leaders to harness the power of collectivity through deeper self-understanding and radical responsibility for the decisions and structures where the people network can flourish.



SERVANT LEADERSHIP IN DIGITAL AGE

Details at mq-learning.com/businessvalues

OUR *ThinkGym*

Our ThinkGYM at MQ Academy is an **intellectual playground for flexing our critical thinking muscles**. Like a Yoga Studio in ThinkGym, one finds a host of engaging workshops to work on the mental muscle after work in the evenings.

The guests of the curated sessions bring wisdom from the fields of philosophy, psychology, business, arts, music, and culture to create an embodied experience helping us to connect with ourselves and others deeply.

Drop by at our MQ Academy in Zurich!



Details at mq-learning.com/thinkgym

WHAT PEOPLE SAY!



The way MQ Learning designs and facilitates their workshops is shaped by the creativity that was deeply rooted in rich and versatile life experience. The depth of conversations is truly what we need in the business world.

Chunfeng D., Leadership Learning Digital, ABB

Credit to MQ Learning for so effortlessly creating an environment where we all felt comfortable to put work, organisation, and status to one side and share our humanity with each other.

Steven S., Portfolio Manager, Zurich Insurance



MQ Learning's training was pragmatic and engaging - a good mix of theory, examples, and practice. The team could get concrete tips that they immediately start applying in their day-to-day work.

Laetitia J., Vice President, Adidas

Thanks to an excellent delivery from MQ Learning, the presented frameworks are now used daily by our team. We improved our communication, raised internal efficiency, and grew clients' satisfaction.

Matteo T., COO, VISIUM



VISIUM



Climathon

This experience of dialogue, inspiration, and reflection was very powerful & gave a new wave of energy to all the participating change-makers. The system change starts with deeper connection and resilience.

Laurene D., Lead Climathon Zurich

Visit our Academy at Schaffhauserstrasse 78, 8057 Zürich

Contact us at info@mq-learning.com

Scan QR code to checkout our Calendar



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LEARNING



**THE FUTURE OF WORK CONSISTS
OF LEARNING A LIVING**

Marshall McLuhan

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