



método



Everything about what we do



Training



Team Building



Consultancy



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Editorial



PEOPLE • TEAMS • RESULTS

As a team, we are capable of extraordinary achievements!

We trust in people and in their talent transformed into competence. We know that better people make better teams. We believe that, as a team, ordinary people are capable of extraordinary achievements. With dedication, cooperation and organization everything is possible. We provide an aggregating experience in which nobody is left behind, and where everybody is important.

The best teams are the ones that practice the most. Let's go?

Pedro Silva

Founder and CEO





We are

Método



Vision

Our essence

Our vision is to be a reference in the development of people and teams, being recognized by our partners as specialists in customised solutions that generate results.



Mission

Our commitment

Train, develop and prepare both people and teams.
Enhance companies and businesses.
Improve procedures and performance.
Transform goals in results.



Values

Quality

We excel due to our team's competence, capacity of intervention and professionalism when it comes to deliver what our partners deserve: nothing but the best.



Being Available

We are always available and we have partners nearby, not clients.

Customization

We offer solutions and formats tailored to the needs and expectations of each Organization, implementing unique and exclusive projects to every challenge.



Learn more
to do better

Corporate Training is increasingly playing a differentiating role in what employees value in an employer: the opportunity to grow professionally and continue learning, training or updating skills for a very demanding labour market.

In the area of Personal Development this is even more important, since according to the World Economic Forum, most of the skills needed in the job market in the coming years are soft skills like the ones we cover in our programmes.

That's why we created the concept of

5★ Training



Main Topics

Conflict Management
Effective Communication
Emotional Intelligence
Interpersonal Relationships
Leadership and Team Management
Motivation and Goal Orientation
Productivity and Time Management
Sales and Customer Service
Teamwork and Cooperation





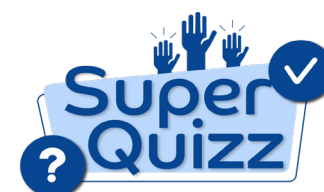
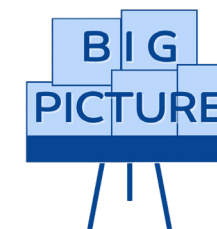
The best teams are built and have better results!

That's why Team Building is so important: it brings people together, strengthens bonds, conveys an aggregating idea and guides everyone towards a common goal.

Everyone can take part in our Team Building programmes and more important than age or physical availability is the attitude and the ability to collaborate that will make the difference!

What most people don't realise is that the best teams aren't born that way, they need time to improve.

If you want your organization's Team Building to be a success, you may choose one of our formats, highly customisable to your company's corporate reality, or request a specially created programme developed by our experts.



Lectures and Workshops

Is always important to share results, take stock, align strategies, present new goals or reinforce everyone's motivation for the challenges they face.

Usually companies organise a Kick-off, a Board Meeting or an Annual Reunion... but they lack new ideas. If your event has a message to spread, we have the ideal talk to integrate in your meeting, with innovative themes and speakers who are a breath of fresh air.

If your team needs to take action, we can turn the session into a more practical Workshop, oriented towards day-to-day challenges and from which you will leave with simple and useful tools, adapted to your reality and integrating the language of your Organization.

Some of the topics that we can adapt in your event:

Corporate High-Performance

Good to Great

Leadership that gives results

Less excuses, more competence

Positive Teams

Your Attitude Makes the Difference

Consultancy

Continuous improvement of performance occasionally requires an external eye to make interesting contributions focused on the results of a person, team or organization.

On many occasions a business has everything going for it but... everything seems to go wrong. Or there's a problem to solve, but... you haven't figured out how. Or, simply, you need to realise what can be improved and start working on it.

That's exactly what we do: we help to diagnose problems and identify opportunities, proposing action plans that can turn initial objectives into concrete results.

We are experts in:

360° Feedback

Behavioral Profiles with International PDA®

Executive Coaching

Individual and Collective Assessment

Organizational Climate Analysis

Performance evaluation

SWOT Analysis

Training Needs Assessment



Our



Pedro Silva - Founder and CEO of Método, specialized in Personal Development, Training and Team Building. He has already worked with more than 175 companies, and has impacted more than 20 000 people in more than 10 500 hours.



Fábio Melo - Partner and Operations Manager, IEFP certified Trainer. Directly coordinates the promotion of indoor and outdoor activities, in training programmes, Team Buildings and Workshops.



Cátia Costa - Project Management Coordinator, has a Master degree in Psychology from FPCEUP and is a training manager, specialised in Psychological Intervention, Education and Human Development.



Bruna Marques - Partnership Manager, has a Master degree in Psychology and she is specialised in psychological observation, assessment and psychological intervention. A human behavior professional, she is also a IEFP certified trainer.



Francisco Campos - Marketing and Communication specialist, with a degree in Communication Sciences from ISMAI, is responsible for the communication and marketing strategy, dissemination and production of content for Método's socials platforms.

Team

Our Squad - Properly trained, with strong communication and team management skills, they create a positive and unifying environment so that all participants can overcome challenges and have fun.



Who trusts in us



Allianz  Partners



FUJIFILM

glinTT



iStore



BRUNSWICK



grupo
cooprofar



FARFETCH

faurecia
inspiring mobility

SWAROVSKI



Our Partners

ACCOR HOTELS
Feel Welcome

Axis
HOTÉIS

cristal
HOTÉIS

CROWNE PLAZA
HOTELS & RESORTS

PESTANA
HOTEL GROUP

Vila Galé
HOTÉIS

CENTRO AVENTURA
ADVENTURE CENTER

PENA AVENTURA
PARK

RILHADAS
Turismo

MEET PORTO

SOUNDWICH
sounds delicious!

TAPADA
SPOT

método
formação • teambuilding • consultoria





metodo



939 553 255
(mobile service cost)



255 406 409
(landline service cost)



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