

CAPABILITIES STATEMENT



Strategic Planning -Strengthen your group's mission, vision, values or strategic goals. MTI consultants are skilled facilitators: guiding development of strategic plans, while ensuring success and adherence to core values.

Leadership Development Allow the organization to thrive under leadership of individuals aligned with your strategic plan and vision. MTI consultants apply proven training and coaching techniques, transforming leaders into critical growth assets for the organization.

Change Management -Transform your organization and ensure success. MTI consultants lead transformational efforts for organizations moving through strategy, technology and/or process changes. We help to align leaders, develop communications strategies, coordinate training efforts and measure the effectiveness of change.

Training -Build a team that knows how to think strategically and achieve long-term success. MTI consultants provide training at the organizational and leadership levels: guiding key staff members to improvements in change management; communications; key leadership skills; conflict resolution; and team-building and presentation skills, including Myers Briggs.

Strategic Communications -Create understanding and awareness of your product or project. MTI consultants develop and implement communications strategies using proven tools and techniques to increase acceptance and buy-in.

Coaching -Align group leaders with the vision and values of your organization. MTI coaches guide leaders in development of effective skillsets and ensure that their behaviors and actions represent the best interests of themselves and the organization.

Mindfulness Program -Facilitate mindfulness programming for organizations wanting to enhance their leaders' and employees' emotional intelligence and leadership skills backed by neuroscience allowing the organizational employees to reduce stress, become more productive, and enhance their wellbeing.



UEI: GUVAGQLS6DN3

Cage Code: 667T8

GSA Contract Number:

47QRAA22D005L

Phone: 703.282.3295

monica@monicathakrar.com

OUR COMPANY

MTI works with government agencies to develop leaders with skills to shape organizational values and goals, drive implementation and affect long-term success.

CERTIFICATIONS

International Coach Federation

Myers Briggs

Healthy Leader 360

Search Inside Yourself Mindfulness Program

Center for Creative Leadership 360

Resilient Leader

DiSC

EQ-I 2.0

OPM 360

SDI

CORE COMPETENCIES

Leadership Development

Training

Facilitation

Coaching

Change Management

Strategic Communications

NAICS CODES

- **541611**
- **541612**
- **611430**