




SOLUTIONS MENU

Working together towards optimize your talent pool

KINÉSICA, S.A., Ciudad de Panamá. Panamá
RUC 155671341-2-2018 DV 90

DEBORA FUENTES MEJIA, Santo Domingo, R.D.
RNC 001-1589346-3



At KINÉSICA, we're dedicated to the personal and professional development of our clients, providing them with dynamic and highly effective training options.

We specialize in developing soft skills, which are essential for successful development across all fields and roles.

We work closely with our clients, designing multidimensional solutions that adapt to their opportunities and objectives.

OUR SERVICES

WORKSHOPS

In person and online



Methodology:
40% theory + 60% activities
Duration: **3 hours or more**

Highly dynamic and effective experiences, promoting retention and adoption of new tools.

SEMINARS

In person and online



Methodology:
80% theory + 20% activities
Duration: **1-2 hours**

Interactive and high-impact, designed to facilitate the assimilation and practical application of new tools.

CONSULTING

In person



Methodology:
Immersive and 100% confidential

The time dedicated to each project will depend on each client's specific objectives.

1:1 ADVISORY

In person and online



Methodology:
Private sessions
100% confidential
Online appointment scheduling (Calendly)
We develop a custom plan to ensure professionals achieve their specific goals.

MODERATION

In person and online



Methodology:
Private sessions
100% confidential
We facilitate your meetings, providing structure, time management, documentation of action plans, and support for strategic decision-making.



GENERAL DEVELOPMENT AREAS

Effective Communication

Leadership and Influence

Empathy, Connection, and Teamwork

Adaptability and Resilience

Productivity and Time Management

Negotiation and Conflict Resolution

+ Customized solutions tailored to your specific goals.

* All training sessions can be tailored to meet the specific needs of each organization and/or team. Additionally, we can develop a topic/proposal that addresses the organization's current objectives and opportunities.

DEVELOPMENT AREAS

COMUNICACIÓN EFECTIVA

Expresa ideas de manera clara, precisa y persuasiva.
Domina el lenguaje corporal y la proyección vocal.

EMPATÍA, CONEXIÓN Y TRABAJO EN EQUIPO

Construye relaciones de confianza y colaboración.
Mejora el trabajo en equipo y el ambiente organizacional.

LIDERAZGO E INFLUENCIA

Inspira, motiva y guía equipos hacia objetivos estratégicos.
Fortalece la toma de decisiones y el pensamiento estratégico.

PRODUCTIVIDAD Y GESTIÓN DEL TIEMPO

Optimiza reuniones, procesos y prioridades para lograr más con menos.
Aumenta la eficiencia personal y colectiva.

ADAPTABILIDAD Y RESILIENCIA

Gestiona el cambio con agilidad y enfoque positivo.
Transforma los desafíos en oportunidades de crecimiento.

NEGOCIACIÓN Y RESOLUCIÓN DE CONFLICTOS

Encuentra acuerdos efectivos y fortalece relaciones profesionales.
Reduce fricciones y crea espacios de colaboración más sanos.



CLIENT & PARTICIPANT FEEDBACK

What I liked most... “The intentional interaction and inclusion of the audience. This effectively captured their attention throughout the session.” (Nestlé, MAR’25)

What I liked most... “The dynamics, but also the assertiveness in highlighting clear áreas for improvement.” (Nestlé, JAN’25)

What I liked most... “The natirality, the fluidity, the motivation and participation that was obtained from all the attendees.” (ROCHE, JAN’24).

Overall Satisfaction
82%
VERY SATISFIED
18% SATISFIED

Quality of Execution
93%
EXCELLENT
7% Good

100%
RECOMMEND
OUR SERVICES

What I liked most... “The simple, straightforward way of teaching us such revolutionary and transformative concepts.” (Medrano Group, JAN’24)

What I liked most... “Order, clarity, expectations, dynamic!!! We loved it.”
(A. Foods, APR’25)

What I liked most... “It’s a very dynamic workshop, which allows us to effectively understand the content being taught. It also encourages people to reflect on their communication style.” (Brader School, FEB 24)

What I liked most... “Very interactive. it was great.”
(CASAS PROMOTORAS, SEP 24)

* Anonymous Kinesica satisfaction surveys via SurveyMonkey with 746 complete responses received.







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IG. [@kinesica.sa](https://www.instagram.com/kinesica.sa)

¡Let's Talk!

https://calendly.com/dfuentes-kinesica/conversemos_20-min

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