Momenta Formation

SERVICE OFFERING · NOVEMBER 2026

Let’s give your ideas momentum.

Momenta designs and delivers custom training and workshops for organizations that want more creative, more agile and more persuasive teams.

- Communication
- Creativity and innovation
- Adaptability
- Collaboration
- Leadership and intrapreneurship
- Compliance: Law 25
- Compliance: Law 42

Montréal · In person or virtual · French and English

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Practice more than you listen.

Every workshop starts from your real challenges. Practice, discussion and reflection make it possible to try new ways of working and to prepare to put them into practice every day.

Learning by doing

Each concept is tried out right away, in pairs or in groups.

Working on your real projects

Exercises are based on the team's actual files.

Learning through play and the group

Games, challenges and peer feedback to dare and progress.

Leaving with tools

Simple templates and reminder cards, ready to use every day.

Experiential learning in four steps

1 · Experience
Live a concrete situation.

2 · Observe
What did I notice?

3 · Understand
Which concept does it relate to?

4 · Apply
What will I do differently tomorrow?

A custom mandate, from scoping to debrief

Scoping	A meeting to understand your objectives, your context and your participants.
Design	A scenario and session plan built from your real cases, validated with you.
Delivery	A lively workshop, in person or virtual, led by the best-suited trainer.
Debrief	A satisfaction survey and a review with you of what was learned and next steps.

Six levers for your teams

Six domains to move your challenges forward. Formats and content are adapted to the topic, the audience and the desired outcome.

Communication and influence

Getting your ideas across and convincing.

Clarify your messages, speak with more ease and make data more meaningful.

EXAMPLES

Storytelling, pitching and persuasion
Public speaking through theatre and improv
Data visualization

Creativity and innovation

Explore, design and experiment.

Renew ideas and test solutions based on your challenges, with or without AI.

EXAMPLES

Creative mindset · Ideation with AI
Design thinking: from idea to prototype
AI in organizations: a culture of experimentation

Adaptability

Dealing with the unexpected and with transitions.

Develop reflexes to cope with uncertainty, tensions and change.

EXAMPLES

Navigating change with your teams
Dealing with the unexpected · Paradox thinking
Taking risks with discernment

Detailed training descriptions and guidance for choosing are in the catalogue.

Collaboration

Working and deciding better together.

Strengthen collective practices and the cohesion of a real team, with or without an ICE diagnostic.

EXAMPLES

Cohesion and collaboration practices · ICE
Facilitation · Feedback and difficult conversations
Effective meetings

Leadership and intrapreneurship

Mobilizing teams and initiatives.

Develop managers, support internal projects and influence with integrity.

EXAMPLES

Creative leadership · New managers
Intrapreneurship · Leading through change
Political skills and influential leadership

Compliance: Law 25

Building the right protection reflexes.

Understand the responsibilities relevant to your context and structure the next steps.

EXAMPLES

Employee awareness
Responsibilities of leaders and persons in charge
Practical cases and action plan

Compliance: Law 42

Preventing harassment and fostering civility.

Equip teams, managers and designated persons to apply the harassment prevention policy.

EXAMPLES

Everyday civility · all teams
Managing with civility · managers
Receiving a complaint · designated persons

A CLEAR PROPOSAL BEFORE EVERY MANDATE

Objectives, trainer profile, session plan, duration, logistics and deliverables are specified in the service proposal.

We also support your key moments

Retreats and strategic planning

Mission, vision and values, priorities, action plan: facilitated workshops that harness collective intelligence.

Conventions and events

Interactive workshops designed for your conventions, conferences and member meetings, small or large groups.

Keynotes

Creativity, intrapreneurship, adaptability: talks that open an event and make people want to act.

Coaching for managers and business leaders

One-on-one coaching for managers and executives facing a specific challenge: taking on a new role, growth, change or a major decision. Individual sessions over several weeks, in person or remotely.

Do you have an individual training budget?

Many organizations give their employees an annual training budget. Our workshops and coaching can be funded through this budget: we provide the training description, the invoice and a certificate of participation to give to your employer.

Formats to match your objectives

Talk-workshop · 90 min | Half day | Full day | Multi-month program | In person or virtual | French or English

Shall we get started?

Let’s talk about your teams and build the format that fits them.

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