

From Friction to Flow - Become a Certified Keys2Balance® Trainer

Unlock the tools to transform leadership, teams, and organizations. With Master Trainer Carita Nyberg, you'll gain certification to deliver the internationally proven Keys2Balance® method, helping people and organizations thrive.



KEYS 2 BALANCE

Why a certification?

In today's fast-paced business environment, technical expertise is not enough. Leaders and teams need strong communication, motivation, and balance to succeed.



IMPACT

- Deliver impactful workshops that create lasting change.



MASTERY

- Guide leaders and teams to recognize strengths, build trust, and collaborate.



SUPPORT

- Apply a practical and proven method that works across industries and cultures.

Who is this for?

The certification is designed for Trainers, Coaches and Leaders

Duration

October - December '26

Online sessions;
12 in group à 2 h &
3 personal à 1 h

Content

- BaseCamp: Communication Keys
- Altitude Camp: Motivation Keys
- Summit: Wellbeing Keys

Apply now for the 2026
Keys2Balance Trainer Certification:
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MODULES



Base Camp – Communication Keys

4 × 2 h online sessions + 1:1 coaching + materials

Topics: communication styles, modes, attitudes and feedback for mastering communication and collaboration

Altitude Camp – Motivation Keys

4 × 2 h online sessions + 1:1 coaching + materials

Topics: archetypes, goals, motivators for unlocking hidden potential

Summit – Wellbeing Keys

4 × 2 h online sessions + 1:1 coaching + materials

Topics: values & worldviews, obstacles, four pillars of balance for supporting wellbeing & resilience

BUSINESS MODEL

- Independent Trainer

Grow your coaching/training business with a proven, efficient method

- Partnership

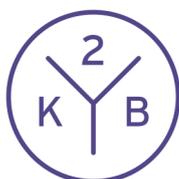
Training center with multiple participants, separate agreement

INVESTMENT

Certification Fee: € 3.400

Includes all modules, 1:1 coaching, exercises & brand materials

Annual License Fee (Individual) €500



KEYS 2 BALANCE

Practical. Fast. Impactful. | www.keys2balance.com