

COMPANY CATALOG



Certified Woman-Owned Small Business (WOSB)
GSA Schedule (in process, 10% discount)

DUNS 072532991 CAGE 8BZ94

NAICS: 541611, 541612, 541613, 541614, 541618, 611430, 611699, 611710, 624310, 813319, 813910 NAICS (Cybersecurity Consulting): 541512, 541519, 541611, 541990

The World Bank Group (WBG) Vendor #191230 WBG Business Communications Training Contract #8007016



Engaged in Your Success

www.FederalTrainingAcademy.com



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ABOUT US

Since 1999, Federal Training Academy has provided specialized training, coaching, and consulting for thousands of employees from every department in the U.S. Federal Government. With our proven and consistent success partnering with employees at all levels on high-profile teams, we earned word-of-mouth recommendations expanding our client list across the globe.

Our services are curated by award-winning experts based on neuroscience research. With mindful attention to each clients' unique needs, we gladly customize our off-the-shelf content for your in-house sessions.

We are dedicated to your upward mobility and stay *Engaged in Your Success*. We are not merely contractors with our eyes on the clock; we are your learning partners for long-term success. Try one of Federal Training Academy's offerings; you can count on us to exceed your expectations.



With her education at the University of Virginia's McIntire School of Commerce and Darden School of Business (MBA), Angela Evans Kochuba founded Federal Training Academy in 1999. She leveraged successful experiences at a top change management consulting firm in Washington, D.C. and her family's administrative training business, which she co-founded at the age of 15.

Joseph Masanobu Kochuba joined as the Information Technology Director. He is a security and networking expert with extensive experience providing solutions for industry and the U.S. Federal Government, including the military, intelligence agencies, Pentagon, White House, State Department including all embassies worldwide, Federal Reserve, and other sensitive clients.

OUR TEAM

The Federal Training Academy team has outstanding credentials for both in-person and virtual deliveries serving 170+ countries. A high percentage of doctorates and master's degrees combined with many years of relevant experience and earned awards are the signature trademark of our educators, speakers, facilitators, and coaches. With high engagement levels and enthusiastic interaction, we ensure learning absorption for practical on-the-job application.

Visit FederalTrainingAcademy.com for specific credentials.



Doctorates, master's degrees, certifications, and awards

Serving 170+ countries

Extensive and relevant experience with outstanding evaluations

CORE VALUES

Engaged in Your Success is our motto as we embody our core values.



INNOVATION



DIVERSITY

HONOR & INTEGRITY

TEAMWORK & COLLABORATION

DEPENDABILITY

YOU CAN COUNT ON FEDERAL TRAINING ACADEMY. WE ARE ENTHUSIASTIC AND COMMITTED TO OUR CLIENTS, OUR TEAM, AND QUALITY WORK WITH CONSISTENT PROFESSIONALISM.

DIVERSITY

SINCE OUR FOUNDING IN 1999, OUR PROGRAMMING HAS INCLUDED DIVERSITY, EQUITY, INCLUSION, ACCESSIBILITY, AND BELONGING (DEIA&B). AS A WOMAN-OWNED, MINORITY-OWNED BUSINESS, WE EMPHASIZE AND EMBRACE DEIA&B AND PURPOSEFULLY INCORPORATE DEIA&B INTELLIGENCE INTO EVERY OFFERING. WE HAVE GLOBAL EXPERIENCE WITH 50+COUNTRIES AND UNDERSTAND THE IMPACT OF CULTURAL DIFFERENCES. WE RESPECT OTHERS AND ENSURE WE MAINTAIN EACH PERSON'S DIGNITY.

TEAMWORK & COLLABORATION

WE STRIVE TO BE THE BEST, AND WE KNOW THAT DOESN'T REQUIRE COMPETING WITH ONE ANOTHER. WE SHARE AND GROW TOGETHER KNOWING THERE'S NOTHING TO GAIN BY KEEPING A COLLEAGUE DOWN. ELEVATING EACH OTHER'S PROGRESS MEANS PROGRESS FOR ALL. WE CREATE AND MAINTAIN STRONG, LONG-LASTING RELATIONSHIPS BENEFITTING OUR CLIENTS AND STAFF.

HONOR & INTEGRITY

OUR WORD IS OUR BOND. WE DEMONSTRATE PERSONAL COURAGE AND SELFLESS SERVICE CHOOSING THE HARD RIGHT OVER THE EASY WRONG. WE ARE SINCERE AND STRAIGHT-FORWARD IN OUR COMMUNICATION AND ACTIONS, AND YOU CAN TRUST US TO SERVE YOU AT THE HIGHEST OF STANDARDS.

INNOVATION

WE HAVE GROWTH MINDSETS. OUR EXPERTS ARE ACTIVE IN THEIR FIELDS, ARE INVOLVED IN RESEARCH, AND ATTEND LEARNING OPPORTUNITIES TO ACQUIRE NEW CERTIFICATIONS, KNOWLEDGE, AND SKILLS TO BOOST OUR TEAM'S COMPETENCIES AND APPLY THEM IN EACH SESSION.

DISTINCT ADVANTAGES



O1 Specialize in government.

02

04

05

We exist to serve you. We are honored to focus on and serve the public sector. We speak the language, know the system, and understand the culture. Our team of outstanding professionals focuses on your growth and achieving the mission. With mindful attention to each clients' unique needs, we gladly tailor our off-the-shelf content and create custom programs.

Create culturally intelligent and ideal learning environments.

We are approachable and ensure psychological safety during and after our time with you. We skillfully shape interactive, engaging environments with positive energy and helpful insights. Our services are curated by award-winning experts based on neuroscience research and extensive, relevant experience.

O3 Develop strong POWER SKILLS.

We maximize growth and accelerate your organizational and career development. You deserve superior instruction with up-to-date content delivered by experts who understand the government and your specific needs.

Share real-life, relevant experiences.

We make content come to life. We collaborate with you for deeper understanding to unearth your "aha moments," share government-specific stories and examples, resolve challenges, and ensure practical on-the-job application.

Successfully master change.

We link people and missions in an agile world with custom, purposeful, and regularly updated content to best navigate change. With Federal Training Academy by your side, you won't merely manage change well; you'll master it as a change catalyst and leader.

O6 Guarantee high Return-On-Investment (ROI).

Implement our Method of Action Planning (M.A.P.) for habit-forming and life-long learning. Our team's dedication supports learning absorption and enhanced productivity, and our exceptional course evaluations and return rates prove Federal Training Academy's success formula works.



DELIVERY

- 100+ off-the-shelf courses
- Custom design and development services for professional training and cybersecurity solutions
- · Professional coaching, mentorship, and consulting

Typical training course lengths range from 10-minute microlearning to 5-day programs.

Our award-winning team is comfortable and well-versed in multiple online platforms, such as MS Teams, Webex, Zoom, Adobe Connect, etc.







Face-to-Face (F2F)

Live, in-person instructor-led delivery at your location or ours

Hybrid

Live instructor-led delivery paired with additional technology and a producer to ensure high engagement levels for both audiences

Online

Live instructor-led delivery or asynchronous, self-paced e-learning options with engagement tools and strategies for immersive learning



COURSE CATEGORIES

- 1. Communication
 - a.Oral
 - b. Written
- 2. Diversity, Equity, Inclusion, Accessibility, & Belonging (DEIA&B)
- 3. Influence & Interpersonal Skills
- 4. Leadership
- 5. Planning, Analysis, & Critical Thinking
- 6. Teamwork & Collaboration
- 7. Coaching, Mentoring, & Well-Being Programs and Training



ORAL COMMUNICATION

- 1. Ability to Communicate Orally
- 2. The Art of Speaking
- 3. Basic Communication Skills
- 4. Best Practice Guide for Hybrid Training & Meetings
- 5. Bottom Line Up Front for Oral Communication
- 6. Briefing Skills
- 7. Communicating with Impact
- 8. Compelling Communication
- 9. Confident Communication
- 10. Conscious Communication
- 11. Convey Information Effectively
- 12. Data-Driven Storytelling
- 13. Effective and Concise Public Speaking
- 14. Effective Feedback for Positive Change
- 15. Facilitate Authentic Culture Dialogue
- 16. The Importance of Powerful Communication
- 17. Individual Communication Skills for On-the-Job Results
- 18. Inclusive Leadership and Communication
- 19. Increase Your Ability to Communicate Orally
- 20. Intermediate Communication Skills
- 21. Learning Leader U (Train-the-Trainer Program for Subject-Matter Experts and HR Professionals)
- 22. Mastering Q&A
- 23. Poised Presence
- 24. Presentation Skills: Core Level
- 25. Presentation Skills: Advanced Level
- 26. Strength in Storytelling
- 27. Successful Interviewing Skills
- 28. Talking Clearly and Effectively
- 29. Virtual & Hybrid Presentation Skills



WRITTEN COMMUNICATION

- 1. Ability to Communicate in Writing
- 2. Ability to Prepare and Review Correspondence
- 3. Ability to Prepare and Review Written Material
- 4. Basic Communication Skills
- 5. Bottom Line Up Front for Written Communication
- 6. Business Writing Skills
- 7. Communicating with Impact
- 8. Compelling Communication
- 9. Constructing Goals
- 10. Data-Driven Storytelling
- 11. Federal Writing Skills
- 12. Grammar Skills
- 13. Knowledge of Grammar, Spelling, Punctuation, and Format
- 14. Individual Communication Skills for On-the-Job Results
- 15. Increase Your Ability to Communicate in Writing
- 16. Intermediate Communication Skills
- 17. Plain Language Writing Skills
- 18. Résumé Writing and Interviewing Skills
- 19. Strength in Storytelling
- 20. Speech Writing
- 21. Technical Writing Skills
- 22. Writing Effective Business Letters
- 23. Writing Effective Emails
- 24. Writing Knowledge, Skills, and Abilities
- 25. Writing Rules Refresher



DEIA&B

- 1.5 Stages to Create Psychological Safety
- 2. Ability to Work Effectively and Tactfully with Others
- 3. Black Federal Employee's Seminar
- 4. Black Women's Conference (Parts I-III)
- 5. Black Women's Forum
- 6. Building Relationships with All Generations
- 7. Conscious Communication
- 8. Diversity to Belonging
- 9. Exploring the DEIA Index of the Federal Employee Viewpoint Survey (FEVS)
- 10. Facilitate Authentic Culture Dialogue
- 11. Federal Women's Seminar
- 12. Inclusive Leadership and Communication
- 13. Influence of Allies on the Development of an Inclusive Culture
- 14. Juneteenth: Creating Connection
- 15. Knowledge of Diversity, Equity, Inclusion, Accessibility, & Belonging
- 16.A Leader's Guide to Managing a Multigenerational Workforce
- 17. Leadership Skills for Asian Professionals
- 18. Leadership Development for People of Color
- 19. Leadership Positions and Powerful Communication for Women
- 20. Leveraging Diversity in the Workplace
- 21. Managing Micro-inequities
- 22. Mindful and Effective Diversity, Equity, Inclusion, & Belonging
- 23. New Century Skills for Women
- 24. Racial Diversity Awareness
- 25. Stress Management for Black Women
- 26. Stress Management for Women
- 27. Today's Professional Woman



INFLUENCE & INTERPERSONAL SKILLS

- 1. Ability to Coach and Mentor
- 2. Ability to Handle Difficult and Stressful Situations
- 3. Ability to Work Effectively and Tactfully with Others
- 4. How Trustworthy Leaders Excel
- 5. Boosting Motivation and Engagement
- 6. Building Relationships with All Generations
- 7. Building and Sustaining Trust
- 8. Building Strategic Relationships
- 9. Building Your Brand
- 10. Conscious Communication
- 11. Cultivating Relationships
- 12. Facilitate Authentic Culture Dialogue
- 13. Delivering Exceptional Customer Experience and Responsiveness
- 14. Excelling as an Introvert
- 15. Effective Feedback for Positive Change
- 16. The Importance of Powerful Communication
- 17. Inclusive Leadership and Communication
- 18. Influencing for Results
- 19. Interpersonal Skills
- 20. Maximize Your Impact with Others
- 21. Navigating Conflict
- 22. Compelling Communication
- 23. Positive Image and Productivity
- 24. Positive Intelligence Workshop
- 25. Practical Emotional Intelligence in the Workplace
- 26. Resolving Conflicts in a Positive and Constructive Manner
- 27. Transform Insight into Influence



LEADERSHIP

Leadership courses are mapped to the Federal Supervisory and Managerial Frameworks for aspiring leaders, supervisors, and managers as well as the Executive Core Qualifications (ECQs) for Senior Executive Service candidates.

- 1.A 3-Step Communication Strategy for Leaders to Navigate Change
- 2.5 Essential Questions Every Leader Should Ask to Solve Problems and Make Decisions
- 3.5 Stages to Create Psychological Safety
- 4. How Trustworthy Leaders Excel
- 5. Ability to Coach and Mentor Others
- 6. Best Practices for Leading Virtual & Hybrid Meetings
- 7. Building Trust Through Giving and Receiving Feedback
- 8. Compelling Communication
- 9. Conscious Communication
- 10. Cultivating Adaptability
- 11. Diagnosing Conflict
- 12. Emerging Leadership Skills for Non-Supervisors
- 13. Employee Engagement Versus Employee Experience
- 14. Establishing a Productive and Positive Workplace Mindset
- 15. Exploring the DEIA Index of the Federal Employee Viewpoint Survey (FEVS)
- 16. Exploring the Employee Engagement Index of the Federal Employee Viewpoint Survey (FEVS)
- 17. Exploring the Innovation Section of the Federal Employee Viewpoint Survey (FEVS)
- 18. Exploring the Performance Confidence Index of the Federal Employee Viewpoint Survey (FEVS)
- 19. Facilitate Authentic Culture Dialogue
- 20. Goal-Setting for Goal-Getting
- 21. How to Build Success: Collaboration, Innovation, Integration, & Accountability
- 22.Leadership Positions and Powerful Communication for Women
- 23. Inclusive Leadership and Communication
- 24. Influencing Principles and Strategies for Results
- 25. Invigorate Your Virtual Workforce
- 26.Lead Yourself and Others with the Platinum Journey



LEADERSHIP, CONTINUED

Leadership courses are mapped to the Federal Supervisory and Managerial Frameworks for aspiring leaders, supervisors, and managers as well as the Executive Core Qualifications (ECQs) for Senior Executive Service candidates.

- 27. Leadership Development: Executive and Senior Tier
- 28. Leadership Development: Mid-Level Tier
- 29. Leadership Development: New Supervisory Tier
- 30. Leadership Development: Non-Supervisory Tier for Aspiring Leaders
- 31. Leadership Development for People of Color
- 32. A Leader's Model for Delivering Feedback to E.F.F.E.C.T. Positive Change
- 33. Leadership Skills for Administrative Assistants and Office Managers
- 34. Leadership Skills for Asian Professionals
- 35. Leadership Skills for STEM Professionals
- 36. Leadership Skills for Women
- 37. Leading Change
- 38. Leading Through Change for an Engaged Workforce
- 39. Leading in Times of Crisis
- 40. Learning Leader U (Train-the-Trainer Program for Subject-Matter Experts and HR Professionals)
- 41. Managing the Squeeze: Managing Relationships, Priorities, and How to Say No
- 42. Maximize Your Impact with Others
- 43. Navigating Conflict
- 44. Powerful and Positive Image
- 45. Prevent Collaboration Overload and Boost Productivity
- 46. Resolving Conflicts in a Positive and Constructive Manner
- 47. Shaping a People-First Team Culture
- 48. Transform Insight into Influence
- 49. Transformational Leadership
- 50. Vital Mentoring Skills for Leaders



PLANNING, ANALYSIS, & CRITICAL THINKING

- 1. Ability to Analyze and Evaluate for Problem Solving
- 2. Ability to Deal Effectively with Pressure
- 3. Ability to Plan and Organize
- 4. Agile Project Management
- 5. Analytical and Critical Thinking
- 6. Building Resolution
- 7. Creativity and Innovation
- 8. Critical Reading Skills
- 9. Cultivating Adaptability
- 10. Cultivating a Growth Mindset
- 11. Data-Driven Storytelling
- 12. Decision-Making in 7 Practical Steps
- 13. Essential Questions for Successful Solutions
- 14. Exploring the Innovation Section of the Federal Employee Viewpoint Survey (FEVS)
- 15. Facilitate Authentic Culture Dialogue
- 16. Increase Your Ability to Analyze and Evaluate
- 17. Increase Your Ability to Plan and Organize
- 18.Innovation
- 19. Leading Change
- 20. Managing Your Workload
- 21. Office Management Skills for Administrative Support Staff
- 22. The Power of &
- 23. Problem-Solving for Federal Employees
- 24. Project Management Fundamentals
- 25. Project Management: People, Processes, & Climate
- 26. Reasoning Skills
- 27. Self-Management for Government Employees
- 28. Strategic Planning Skills



TEAMWORK & COLLABORATION

- 1.5 Stages to Create Psychological Safety
- 2. Ability to Coach and Mentor Others
- 3. Ability to Work Effectively and Tactfully with Others
- 4. Advanced Collaboration for Innovative Results
- 5. How Trustworthy Leaders Excel
- 6. Accountability
- 7. Accountable and Resilient Teams
- 8. Best Practices for Leading Virtual & Hybrid Meetings
- 9. Boosting Motivation and Engagement
- 10. Building and Sustaining Trust
- 11. Building Relationships with All Generations
- 12. Building Strategic Relationships
- 13. Building Trust Through Giving and Receiving Feedback
- 14. Collaboration for Innovative Results
- 15. Conscious Communication
- 16. Constructing Teams & Team Architecture
- 17. Cultivating Relationships
- 18. Cultivating a Growth Mindset
- 19. Delivering an Exceptional Customer Experience and Responsiveness
- 20. Developing a Team Charter
- 21. Effective Feedback for Positive Change
- 22. Effective Team Building Skills
- 23. Emotional Intelligence: Social Awareness and Relationship Management
- 24. Establishing a Productive and Positive Workplace Mindset
- 25. Establishing Team Confidence
- 26. Facilitate Authentic Culture Dialogue
- 27. Fostering Team Commitment
- 28. How to Build Success Together
- 29.Innovation
- 30.Integration
- 31. Maximize Your Impact with Others
- 32. Practical Emotional Intelligence for the Workplace
- 33. Prevent Collaboration Overload and Boost Productivity
- 34. Positive Intelligence Workshop
- 35. Navigating Team Conflict
- 36. Resolving Conflicts in a Positive and Constructive Manner
- 37. Shaping a People-First Team Culture



COACHING, MENTORING, & WELL-BEING

We offer the following coaching and mentoring programs.

- Collaboration to Produce Results (Foursight for teams)
- Cultivating Collaboration to Produce Results (Foursight for leaders)
- DiSC Profile (for individuals and teams)
- Emotional Intelligence
- Energy Leadership
- Executive Coaching to Achieve Results

- Habits of Heroes (for individuals and teams)
- Positive Intelligence
- PrinciplesYou
- Professional Coaching and/or Mentorship (GS-1 to SES/C-suite)
- Wellbeing in the Workplace (Burnout, Trauma, PTSD, & SHARP Coaching)
- Unconscious Bias
- Upward Mobility (résumé writing and interviewing skills)

In addition to our individual and team coaching and mentoring programs, we also offer the following related training courses.

- 1.5 Stages to Create Psychological Safety
- 2. Ability to Coach and Mentor Others
- 3. Ability to Deal Effectively with Pressure
- 4. Ability to Work Effectively and Tactfully with Others
- 5. Boosting Individual Motivation and Engagement for Well-Being
- 6. Building Your Brand & Network
- 7. Constructing Goals
- 8. Cultivating a Growth Mindset
- 9. Emotional Intelligence: Self-Awareness and Self-Management
- 10. Excelling as an Introvert
- 11. Habits of Heroes
- 12.Learning Leader U (Train-the-Trainer Program for Subject-Matter Experts and HR Professionals)
- 13. Managing Change for Individual Productivity
- 14. Managing Micro-inequities
- 15. Managing Your Workload
- 16. Mindfulness: Present, Aware, and Focused
- 17. Obtain Your Dream Federal Job: How to Make the Connection Between a Résumé and Landing the Job
- 18. Positive Image and Productivity
- 19. Positive Intelligence Workshop
- 20. The Power of &
- 21. Résumé Writing and Interviewing Skills
- 22. Self-Management Skills
- 23. Smart Retirement and Benefits Planning
- 24. Vital Mentoring Skills for Leaders



OUR S.U.M.M.I.T. COACHING PROCESS

01

SET

goals & determine needs

02

UNEARTH

skills & potential progress

03

MAXIMIZE

self-awareness & co-create strategies for success

04

MAP

custom plan using our neuroscience-based method of action planning

05

IMPACT

accountability & results with practical, on-the-job application & evaluation

06

TRANSFORM

challenges into progress & continued growth

PRICING INFORMATION



Class Size

Classes are designed to allow up to **25 participants**.

Content may be tailored to fit your specific needs.

Materials Travel & Food

Pricing includes electronic course materials as PDFs, M.A.P., and certificates.

Our Method of
Action Planning
(M.A.P.) is included
to encourage
lesson absorption,
on-the-job
application, and
life-long learning.

Participant Guides include the slide deck and brief notes.

Optional assessments are billed at cost.

We have consultants throughout the globe, and may have local options.

Prices do not include travel or food. Costs will be prearranged and approved by the client.

FTA can arrange for private conference rooms, break refreshments, full meals, etc. All related costs will be pre-arranged and approved by the client and billed at cost.

OFF-THE-SHELF CONTRACT PRICING

FOR GROUPS

Course Length	Core Level Course Price	Advanced Level Course Price
Microlearning (10-15 minutes)	\$625 (price varies for custom work)	\$825 (price varies for custom work)
1-2 hours	\$2420	\$2675
Up to 4 hours	\$3575	\$3825
Up to 8 hours	\$6835	\$7425

Session Length	1:1 Executive Coaching, Mentoring, Consulting (supervisory GS- 13 to SES)	1:1 Coaching, Mentoring, Consulting at all levels	Team Coaching, Mentoring, Consulting (Up to 6 members)
1-hour session	\$495	\$425	\$595
6-hour package	5% discount	5% discount	5% discount
12-hour package	10% discount	10% discount	10% discount

We also offer speciality coaching and mentoring programs listed in the catalog.

Contract course pricing listed above is for in-house teams. Listed prices are for continuous hours. Two hours of tailoring an off-the-shelf course is included; prices vary for custom work. Additional discounts are provided for large groups. Open enrollment pricing varies per course.



Company Contracting Information

Certified Woman-Owned Small Business (WOSB) GSA Schedule (in process, 10% discount)

DUNS: 072532991 CAGE: 8BZ94

NAICS: 541611, 541612, 541613, 541614, 541618, 611430, 611699, 611710, 624310, 813319,

813910

NAICS (Cybersecurity Consulting): 541512, 541519, 541611, 541990

The World Bank Group (WBG): 191230

WBG Business Communications Training Contract: 8007016

Payment

We accept:

- Fully-executed SF-182 or purchase order
- Credit cards and government purchase cards: American Express, VISA, and MasterCard
- Check or direct deposit

Terms: Payment in full is due 30 calendar days after delivery is complete.

Note: We recommend a fully-executed order for delivery be received at least 20 calendar days prior to the scheduled delivery.

Canceling & Rescheduling

Cancelations:

- Cancelations in writing are accepted with no fee if received 30 calendar days prior to the delivery start.
- Cancelations in writing received 21 calendar days prior to the delivery starting date pay 50% of the course price.
- Cancelations in writing received 7 calendar days prior to the delivery starting date pay 100% of the course price.

Rescheduling:

Rescheduling once is permitted with no fee if received in writing 21 calendar days prior to the delivery starting date. The mutually agreeable rescheduled date must be no later than 3 months from the original starting date, and cancelations of the rescheduled date pay 100% of the course price.



THANK YOU

Contact us:



www.FederalTrainingAcademy.com



info@FederalTrainingAcademy.com



(703)300-7647 USA



Linkedin.com/company/FederalTrainingAcademy



Twitter.com/FedAcademy



Facebook.com/FederalTrainingAcademy