

What's in the day?

Communicating with Flair

Why attend this day?

After this day you will understand your own communication style and how to use it effectively to achieve your outcomes. You will also understand why sometimes your style works really well for you and how in some interactions it can feel like you are all talking different languages – and how to change that!

What will I get from the day?	How will I get it?
<ul style="list-style-type: none"> • Understand yours and others communication style to have better conversations • Improve your awareness of your impact and how to get the impact you want • Improve your influencing skills • Get more effective outcomes from your interactions 	<p>The day will explore different tools and the practical application of them including:</p> <ul style="list-style-type: none"> • Understanding how we all take in information differently (communication model) • Exploring individual patterns of thinking • Looking at what makes successful communication • Knowing how to use Match-Pace-Lead (and what it is!)

Present for Impact

Why attend this day?

We all have times when we are presenting ourselves and information to others – both in business and social settings. This day will help you create the impact you need to get what you want in business or in your life

What will I get from the day?	How will I get it?
<ul style="list-style-type: none"> • How to pitch for impact • Understand how people best take in information and use this information to engage them • How to manage challenge • Being at your best 	<p>The day will explore different tools and the practical application of them including:</p> <ul style="list-style-type: none"> • The science behind how much information can we actually take in • The stages of successful presentations • Finding your most useful internal resources and setting the state of mind you want • Exploring how the people around you can add to your impact.

Effective Facilitating

Why attend this day?

The word 'facilitate' means 'to make easier'. By attending this day you will learn how to use facilitation to make your meetings more effective by tapping into the talent of those around you:- to collaborate together to achieve your common outcomes.

What will I get from the day?	How will I get it?
<ul style="list-style-type: none"> • Understand what is effective facilitation • Know who are you as a facilitator: know your style • Manage the participants to get great outcomes • Build your skills and confidence 	<p>The day will explore different tools and the practical application of them including:</p> <ul style="list-style-type: none"> • The facilitators role • The key stages of facilitation • Stages of group formation • Working with individuals and how to get everyone involved. • How you may hinder yourself and what to do about it • Hints and tips

Achieve your outcomes

Why attend this day?

In all areas of our life we have dreams we would like to achieve and yet some seem more difficult than others. This day will give you the practical tools in order to understand what you really want and how to get it.

What will I get from the day?	How will I get it?
<ul style="list-style-type: none"> • Get real clarity about your outcomes • Know what currently stops you and what to do about it • Use your energy and focus purposefully to get what you want • Put together an effective and achievable plan for you 	<p>The day will explore different tools and the practical application of them including:</p> <ul style="list-style-type: none"> • Purposeful Action Taking • Defining your outcome • The steps that you can take you get your outcome

Take control of Change

Why attend this day?

Change happens around us and to us every day. Although there are things we can't control we can make choices about what we do and how we react to them. This day gives you practical ways to understand what happens for you and others when change happens and how to make good choices.

What will I get from the day?	How will I get it?
<ul style="list-style-type: none"> • Exploding the myths around change • How change effects you and others • Identify where you are now and where you want to be • Be a Leader of change 	<p>The day will explore different tools and the practical application of them including:</p> <ul style="list-style-type: none"> • The Change Curve • Different types of thinking and what they can give you • Understand yours and others points of view • How not to get onto the Drama Triangle of Change?

Introduction to coaching skills

Why attend this day?

Coaching is now seen as another part of a managers role and is a really effective Leadership Style. In some way we all coach whether it's at work or home with friends and family, but do we really know what being a good coach means? This day introduces the concepts and ideas that means you can start to build your skills and understand what coaching really means.

What will I get from the day?	How will I get it?
<ul style="list-style-type: none"> • Coaching Vs Mentoring • Planning to Coach • How to structure great coaching questions to unlock potential • Know when and when not to be a coach 	<p>The day will explore different tools and the practical application of them including:</p> <ul style="list-style-type: none"> • Conditions for good coaching • Really Effective Coaching Models • Real questions you can use to unlock others' thinking