



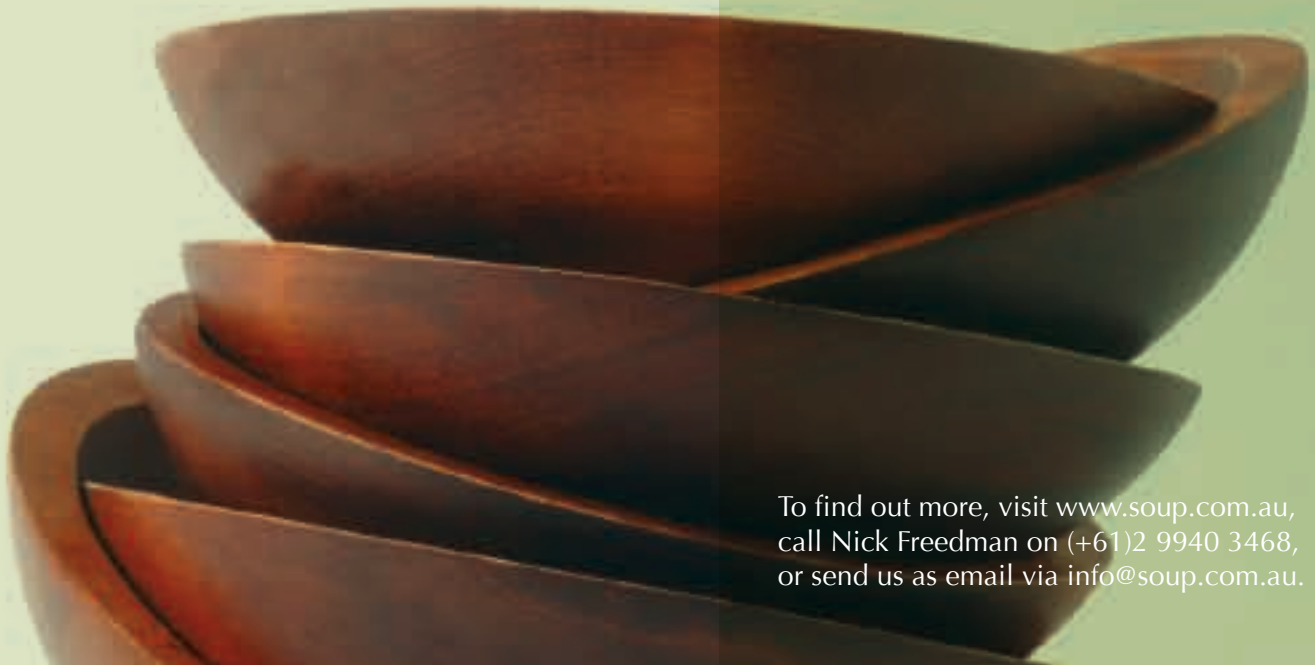
We are always in communication with those around us. Even before any words are said, we are affecting other people. Communicating clearly with clients and colleagues, increases workplace effectiveness and impacts positively on the surrounding environment. Developing a toolkit of effective communication strategies is essential for any individual that needs to influence others, as part of their role.

This program guides individuals to develop their inter-personal skills, emotional intelligence and communication flexibility empowering them to develop greater influence amongst their stakeholders. The workshop modules include best practice theory, engaging discussion, and real-life scenarios to empower participants with the skills, knowledge and confidence they need to communicate with clarity in their personal and professional lives. Modules can include:

- Communication blocks
- Build rapport
- Read Disc dimensions
- Increase behavioural knowledge
- Establish stakeholders needs
- Empathic listening skills
- Filters that influence perception
- Increase influence levels
- Reflective responses
- Develop new approaches
- Deliver constructive feedback
- Effectively say no
- Transform limiting behaviours
- Use the communication toolkit

Each Core Practice is an experiential group workshop, tailored to directly align with your business culture & needs. They're effective separately, and can be combined to create long-term programs. The practices include:

Core Time	Core Strategy
Core Coaching	Core Projects
Core Behaviour	Core Teams
Core Change	Core Wellbeing
Core Service	Core Leadership
Core Negotiation	Core Communication



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