



Helping you to feel good!

## Corporate Training

These courses are designed to cover a range of requirements and provide practical help.

Here is a selection of areas included in each course, however this is a guide only and individual courses may vary depending upon the requirements of the organisation.

### **Confidence building**

- Identify unrealistic expectations of ourselves and others
- Techniques for – deflecting undesirable responses
  - achieving desired responses
  - self-motivation
- Address changes needed and the possible effects on others
- Be aware of body language with useful tips and possible pitfalls

### **Assertiveness for Managers**

- Recognising different behaviour patterns
- Setting and achieving goals
- Positive and negative influences
- Achieving the preferred response from others

### **Anger Management**

- Body language and the impact of voice
- Transactional analysis
- Managing aggressive behaviour in ourselves and others
- Assessing strengths and skills

### **Returning to Work**

- Views on absences
- Adapting to change
- Assessing possible obstacles
- Setting goals
- The requirements of the organisation

### **Structure of the Training**

The groups are kept to small numbers of approximately 10 to 12 people, to encourage full participation and reduce any intimidation felt. There is a high level of interactive participation and practice of the principles being taught. Participants will be asked to complete an evaluation sheet at the end of each course.

The two-day courses are run as split courses with a gap between the first and second day – where possible. This is to allow participants to put into practice the principles from the first day then return to review progress and expand on these tools.