NLP to Improve Business
By using NLP Business techniques, elements of conversation, written content and negotiation can be changed to appeal to everyone, regardless of whether the audience is more visual, auditory or kinesthetic.

Developing Yourself and Others
How to develop and empower your team, whilst ensuring you have the required tools and knowledge to perform a leadership role through a combination of theory and objective based learning. Suitable for people entering a management role for the first time.

Managing Change through Leadership
Cultural and physical change can be very challenging for employees and business leaders alike. Communication is often poor, resulting in demoralised staff and a lack of support. This workshop focuses on the need for strong leadership and communication in times of change.

Coaching and Mentoring your Team
Striking a balance where coaching and mentoring is concerned can be a fine balance. What techniques should you use in what situations? There is there a blend of learning styles that you can adopt with your team, known as "Centoring" (pronounced Kentoring). Learn how to use this on this workshop.

Managing Conflict and Behaviour
There are three recognised types of behaviour that form the basis for how we see and react to situations on a daily basis. In many cases, the more negative traits will surface and result in conflict. This workshop will cover the causes and effects of behavioural conflict and how to manage the outcomes.

Essential Time Management
With a strong link to our stress patterns, time management is a critical part of what we do day to day. Using SMARTER objectives, this workshop goes the extra mile to bridge the gap between time and stress and introduces new thinking on managing time proactively.

How to Present Proposals to Senior Managers
It is essential to have a common set of tools when taking proposals to senior managers for approval. Without these, it can result in proposals and pitches being unsuccessful due to lack of consistency in the approach. This workshop will provide everything required to achieve a consistent message and will cover how to use key NLP business techniques.

Customer Relationship Management
The world of buying and selling is evolving rapidly and the trend is to select fewer preferred suppliers and build open, collaborative, strategic alliances with them. This means growth and prosperity for those suppliers who can respond appropriately. During the workshop, delegates will have the opportunity to work with 'live' issues on their identified key accounts.

mindstrengths

Work, Life & Wellbeing

How to Boost Self Confidence
We can all suffer from a lack of confidence at times but do we know what causes these feelings to emerge? This workshop will help to identify strong and weak elements of our behaviour and build on them positively during the session.

Developing Resilience to Pressure
This workshop will provide attendees with preventative and proactive solutions towards managing pressure and stress in the workplace, how to cope more effectively and be more resilient. The main focus is on emotional and behavioural impact.

Increasing Positivity and Mental Toughness
It is so important to think positively and to see the upside in every situation, no matter how negative things may appear at the time. Gain an insight into the benefits of becoming more tougher mentally and what power that can bring to us all when practiced over time.

Managing your Work/Life Balance
"Work/Life Balance" is a well known and sometimes a well used term, but what does it actually mean to us? The effects of not balancing your life in key areas can have a major impact on your health and wellbeing and that of others too.

Managing Stress in a Changing Environment
This workshop will provide attendees with preventative and proactive change management solutions, together with knowledge on how to recognise and manage associated workplace stress. In a changing environment, these two elements are often linked very strongly.

Returning to Work after Stress
(different modules for managers and employees)
There are many pitfalls with returning to work after stress, both from a managerial and employee perspective. The workshops will prepare managers in the most appropriate way and will introduce coping strategies for employees who have been absent with stress.

Managing Workplace Stress & Improving Wellbeing
(different modules for managers and employees)
This unique workshop is designed to help identify, reduce and manage the risk of workplace stress and improve employee wellbeing. Delegates will also learn how to spot the early signs of stress at work and will also build their own personal wellbeing profile. Managers will learn how to manage stress within their teams, both on an individual and group basis.

Coaching Skills for Managers
When the pressure is on to meet targets and managers are simply too busy, coaching is usually the first task that is dropped. Yet coaching is essential to building successful teams. Structured coaching programmes have been found to improve individuals work styles, strengths and weaknesses and will help to shape team dynamics, all leading to better performance.