

POSITIVE PERSONAL PRESENTATION

(1 day)

Up to 8 delegates

This course takes elements from the Personal Effectiveness At Work course. It concentrates on projecting a positive, confident image in the workplace in order, for example, to present ideas/ work more effectively in meetings.

The content is as follows:

- Welcome/introduction using hypnotic language to anticipate the process of building self belief.
- Ground Rules – creating a safe confidential learning environment
- Objectives exercise – short term , longer term, understanding through the senses what success will mean
- The Power of Positivity – link to success
- Positive/negative language – recognising it in self and others – exercise to demonstrate its impact
- Putting self and others into a positive state
- Positive affirmations – controlling your state
- Rapport – giving others your state
- Understanding impact through Transactional Analysis
- Transactions – complementary, crossed, ulterior
- Hooking the ‘adult’ – exercise
- Seeing our impact – using ‘perceptual positions’ to plan and achieve different outcomes
- Taking these skills forward – ‘Timeline’ exercise
- Personal learning/Action Plans