

Your Power - Influence with Impact Programme

This programme is for anyone who wants to develop their personal power impact and become the most effective, stimulating and influential person they know they can be.

Our overall aim is to help you to develop inner confidence, coolness and calmness so that you are always in control of yourself and your actions.

By the end of this participative, interactive and fun workshop you will know how to put yourself across so that your views are taken seriously, valued, and acted upon. You will be able to influence others; to create the impression you intend; to produce co-operation rather than inaction or conflict and will know how to manage difficult situations more flexibly.

Event Duration

1- 2 days

Outcomes

By the end of the training delegates will be able to recognise

- What is influence
- Conscious impression management
- The key elements that make a first impression
- Why it all goes wrong - Brain model
- How they can be cool, confident, calm - controlling the way they feel
- How to build empathy and rapport
- Key ways to use their voice
- Clever ways to managing questions
- Framing and Reframing and when to use these