

With so much uncertainty around, you want to be sure you're using your time and energy to best effect. Here's three sessions to put you more in control . . . because that's the best way to feel more confident and achieve more ~ **25<sup>th</sup> September 2009, Victoria Hotel, Bradford** ~ sign up for all three sessions for only £70 ~ book four places and get another one free ! ~



Session 1 ~ 09:15 - 11:15 ~ £35

## The X Factor . . . Increasing Your Charisma

A two hour session to build on your existing influencing, pitching & public speaking skills

- Explore a model relating to the 'Cat & Dog' aspects of our personality & behaviour
- Learn how to enhance your charisma by achieving credibility and approachability
- Use simple techniques to improve your impact and influencing skills
- Improve your success when pitching for business or selling your ideas to colleagues & clients



Session 2 ~ 11:30 - 13:30 ~ £35

## Delivering Difficult Messages

A 2hr session to build your skills in delivering difficult messages and maintain relationships

- Be an effective messenger of difficult messages without getting shot !
- Allowing people space to come to terms with bad news
- Use your body and voice to deliver clear and congruent messages
- Maintain good relationships with your audience despite the impact of 'bad' news



Session 3 ~ 14:30 - 16:30 ~ £20

## NLP ~ the art & science of excellence

A 2hr introduction to NLP. You'll learn how it is possible to be more in control of your life and achieve more results.

- Be really clear what's important to you and prioritise your energy accordingly
- Have better control of your mood states
- Be confident when it really matters
- Be able to influence people and events
- Have more rewarding relationships
- Reduce your stress levels

**be your best more often!**

**surprising ~ challenging ~ practical ~ invaluable**

*"Fantastic!" NB*

*"Well worth the time. the techniques are fun, interactive and very thought provoking" RS*



... developing from the inside out

*"Excellent! A must do!" NK*

*"You will learn so much more than you thought possible" EG*

to find out more: [www.firstposition.uk.com](http://www.firstposition.uk.com)

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