



# High Impact Communication and Confidence Workshop

**“Self Esteem is the Foundation of Excellence”–Kiechelle Degale**

**iLead 4  
Adults**



**High Impact Communication  
& Confidence  
1 day workshop  
You will learn:**

## **Getting to the heart of the matter!**

**This workshop is aimed at new and experienced Managers or anyone aiming to move up the career ladder. It promises to be a High Impact 1 day workshop on Leadership Development using interactive techniques to help build upon natural confidence and send it soaring!**

In a recent survey of recruiters from companies with more than 50,000 employees, communication skills were cited as the single more important decisive factor in choosing managers. The survey, conducted by the University of Pittsburgh's Katz Business School, points out that communication skills, including written and oral presentations, as well as an ability to work with others, are the main factor contributing to job success.

- Your natural learning style and how to adapt it to any situation
- How to develop rapport with anyone
- How to 'tune in' to others
- How to make an excellent first impression
- How to develop your negotiations skills and be more persuasive
- Eliminate miscommunication by learning a communication model that works
- How to get your point across without breaking rapport
- Effecting listening
- How to diffuse a potentially explosive situation
- How to communicate to 'win' people over
- Understanding the components of good communication
- How to break down barriers and connect with others
- How to manage difficult relationships

### **Learn from real life examples**

**“When you become a more effective communicator, you will have greater impact, be more confident and lead a more effective life!” Kiechelle Degale**

***www.kiechelle.com***



*“The most powerful force on earth is the human soul on FIRE!”*

### Method

- Interactive workshop
- Group challenges
- Individual and small group activities/exercises
- Group discussion
- Role-plays
- Workbook/reports/toolkits
- Use of multi -media

### BOOKING

Venue: Throughout London

Date: various

Time: 10am to 4pm

Contact: Kiechelle Degale

Email

[enquires@kiechelle.com](mailto:enquires@kiechelle.com)

[www.kiechelle.com](http://www.kiechelle.com)

07956 896 524

## High Impact Communication & Confidence

### My Comfort Zone - A Poem Author Unknown

I used to have a comfort zone where I knew I wouldn't fail.

The same four walls and busywork were really more like jail.

I longed so much to do the things I'd never done before,  
But stayed inside my comfort zone and paced the same old floor.

I said it didn't matter that I wasn't doing much.  
I said I didn't care for things like commission checks and such.

I claimed to be so busy with the things inside the zone,  
But deep inside I longed for something special of my own.

I couldn't let my life go by just watching others win.  
I held my breath; I stepped outside and let the change begin.

I took a step and with new strength I'd never felt before,  
I kissed my comfort zone goodbye and closed and locked the door.

If you're in a comfort zone, afraid to venture out,



Remember that all winners were at one time filled with doubt.

A step or two and words of praise can make your dreams come true.

Reach for your future with a smile; success is there for you!