

High Impact Communication Skills Training & Coaching

A truly transformative
training experience by
Jillian Sawers



JILLIAN SAWERS

TRANSFORMATIONAL TRAINING & COACHING



High Impact Communication Skills

All day long we communicate with our words, gestures and behaviours. We tell others who we are, what we want, and what we can do for them. Communication is the basis of our impact and influence in the world. When our communication skills are underdeveloped - this blocks our success. We are misunderstood, overlooked and under-appreciated.

There's a lot to good communication. During this course, we will dive deeply into the many aspects that contribute to effectively getting your message across. Whether your message, is one on one, in situation of personal conflict, or on stage to a crowd which you wish to inspire.

Our communication skills trainings can be adapted to the needs of you or your team. But generally we focus on three main areas. Understanding your self, communicating with others, and creating an impact in the world. Although all these areas are interlinked.

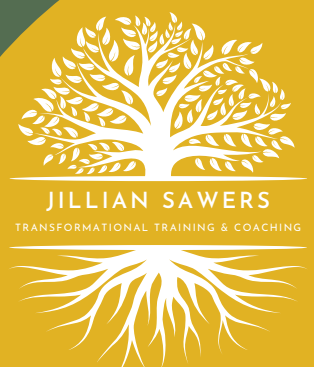
Understanding the self, includes, recognizing your personality type, cognitive preferences, blind spots, communication style and subconscious beliefs. We will also explore self awareness, ego, and emotional intelligence. As when you know yourself and how to manage your ego and emotions, your interpersonal skills will vastly improve.

Communicating with others, involves a range of skills and abilities. These include building rapport, being assertiveness, coaching, delegating, giving and receiving feedback, conflict resolution, body language, running great meetings and more.

Finally, when it comes to having an impact on the world, networking, branding yourself, presentation skills, and projecting confidence and credibility though finding your authentic voice and message, are among the areas we will explore.

Not only are communication skills fascinating and fun to learn about and practice, they truly make a great difference in your professional effectiveness and personal fulfillment.

There's nothing more powerful than knowing who you are, what you think, what you want, what you have to offer, and how to communicate that to world.



High Impact Communication Skills

Nothing will boost your personal confidence and professional success more than having excellent communication skills. The ability to read other people and then tailor your message and approach for maximum impact, can help you in every communication situation. We will explore how to know yourself better, communicate with all types of people in a variety of communication situations, and ultimately make your mark in the world through speaking from a place of maturity, wisdom and authenticity.

Some of the topics we cover in this fun, fascinating and infinitely useful course include:

Recognising yourself and others - cognitive preferences and personality types

Self Awareness - how to know your feelings, your patterns and your potential

What is ego and how does it effect our communication with others

The vital difference between emotions and feelings

How to stay calm in challenging situations

The 4 communication styles - which are you?

What are the subconsciousness beliefs behind my communication style

How to be more assertive with anyone

How to respond to jealousy, put downs and controlling people

Reading body language - what are others really thinking and feeling

Conveying confidence through your body language

How to build rapport with others and build your network

Coaching others for success using the grow model

How to give feedback which works and how to receive feedback gracefully

How to resolve conflict with others through win-win thinking

How to create a positive brand for yourself at work

How to mind-map to create content for written and verbal communication

How to structure a speech to get the result you need

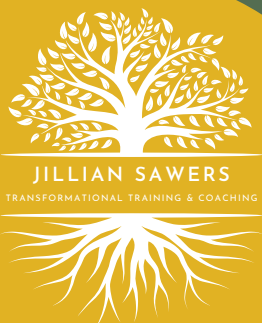
How to use vocal variety and project your voice

Overcoming nerves and being an effective and authentic presenter

Using visual communication to enhance your message

Making use of technology to communicate effectively

Running great meetings, delegating, negotiating and more



Who is Jillian Sawers?



Jillian has earned the praise of participants to her 1000's of courses over the years, in great part due to her engaging style and her ability to put across information that is clear and practical. She has the ability to build an immediate rapport with her audiences and her relaxed and entertaining style enables her to present deep and challenging personal issues in an easily acceptable way.

Jillian deep and abiding interest from her early teens, in the topics of self-awareness, psychology, philosophy, the connections between science, metaphysics and the transformation of human consciousness have kept Jillian's training insights on the leading edge of human development.

Aged eighteen and undecided on a course of study Jillian took a one way ticket from her home in New Zealand to London. Her first training experiences came two years later in 1990 as an event coordinator, round-table facilitator and workshop facilitator for 'Global Co-operation for a Better World' – an international project in association with the United Nations Economic and Social Council. This led to being a full-time project and event manager and lecturer with the Brahma Kumaris World Spiritual University in London, organizing events exploring the topic of consciousness and self-awareness within the areas of science, health, mental health, community, social development and creativity.

In this capacity Jillian gave lectures and ran workshops and seminars in the UK, Europe and Asia/Pacific regions. Jillian also conducted workshops on Stress Management and Positive Thinking within the UK prison system.

Between 1996 to 2001 Jillian worked as a trainer for Reed Training, GateHouse Training and Training Solutions, all in the UK. Courses included Time Management, Self Esteem for Peak Performance, Presentation Skills, Running Effective Meetings and File Management.

In 1997 Jillian moved to Istanbul, Turkey where she was the National Co-Director of a self-development and meditation association for 14 years, training local trainers and giving lectures, workshops, and retreats throughout the country, as well as Internationally. During this time Jillian also started working in the UAE for the International Centre of Management Training, Abu Dubai, and later began a long working partnership as a senior consultant for Glomacs Training, Aztech Training, Euromatch and Oxford Management, all based in the UK and UAE. Jillian is also an Eating Psychology and Life Coach, having trained with the Institute of Eating Psychology in Boulder Co.

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