

Open Workshops to
Inspire You to Greater Action

Next Level TRAINING UK

Personal Development Workshops

We Will Take You Further

Next Level
TRAINING UK



Why Choose us?

We love people and their development
Effective & affordable training that inspires action
Experienced & qualified trainers, coaches and facilitators
Delivered to your specific needs

Personal Development Workshops

Assertiveness
Winning Habits & Beliefs
Confidence in the Workplace
Dealing with Difficult People
It's About Time
Persuading & Influencing
Resilience

All Workshops are facilitated by an experienced subject expert, rich in content and designed to be insightful and inspiring. There will be a mix of individual and group work as well as video and case studies to bring the learning to life.

All participants will leave with their action plans that they can implement the very next day at work

Assertiveness

Duration

One Day

Workshop Overview

Assertiveness is a skill everyone can and should employ and is a life skill. This course introduces participants into the world of behaviour, conflict and why people can be difficult. Each participant will leave with practical actions that they can take the very next day.

Who is it for?

Managers, leaders and supervisors wanting to enhance people skills
Anyone who has difficulty with saying no or being more assertive either at work or in life generally

Workshop Objectives

By the end of this course, participants will:
Understand effective communication techniques
Know why they behave the way they do
Increased ability to say no without being aggressive
Know how their thoughts lead to outcomes in life
Have an action plan to use the very next day at work

Workshop Content

Communication defined
Where behaviour comes from
The 4 major behaviours
What assertiveness is and is not
Saying NO, valuing the other person and mean it
The assertiveness framework
The UHT method
The Self-talk cycle
Reflective learning & action planning

Winning Habits & Beliefs

Duration
One Day

Workshop Overview

Winning Habits & Beliefs is an immersive programme that will take participants through the stages of development to deliver real growth for individuals. Packed full of self-improvement tools and techniques, every participant will have a practical plan to use the very next day.

Who is it for?

Anyone who wants more from life and relationships

Workshop Objectives

By the end of this course, participants will:
Understand effective and resourceful habits
Know the power of being proactive and taking responsibility
Be able to plan for success
Understand how to increase collaboration with others
Know how their thoughts lead to outcomes in life
Have an action plan to use the very next day at work

Workshop Content

What are winning habits?
Finding your purpose, passion and place
How to be more proactive in life
Putting everything into order
How we think leads to behaviour
Understand what others want
Using collaboration to increase results
Staying sharp and on top of your game
Reflective learning & action planning

Confidence in the Workplace

Duration
One Day

Workshop Overview

Confidence in the Workplace takes participants on their personal journey into confidence and delivers true inward change for external benefits. Changing our mindset is key to unlocking our potential and this course aims to do that.

Who is it for?

Anyone who wants to be more confident at work or in life generally
Those that find dealing with people and life difficult

Workshop Objectives

By the end of this course, participants will:
Understand how their identity informs their confidence
Know why they behave the way they do
Understand the unwritten rules for an empowered life
Know the habits that underpin confidence
Understand their Emotional Intelligence profile
Learn how to be even more persuasive
Know how their thoughts lead to outcomes in life
Have an action plan to use the very next day at work

Workshop Content

Who am I? Your Identity unpacked
Confidence benefits and barriers
Thoughts, words, deeds and character
The Rules for Living
Mindreading and other skills
A Positive Mental Attitude
Winning Habits
Your Emotional Intelligence profile
Being persuasive
The Self-talk Cycle
Reflective learning and action planning

Dealing with Difficult People

Duration
One Day

Workshop Overview

Dealing with Difficult People gives participants the tools, tips and techniques to handle even the most difficult types of people. Delivered by a specialist in this field, you will gain all the needed insights to create true collaboration and teamwork.

Who is it for?

Managers, leaders, supervisors and anyone who has to deal with difficult people whether they are customers, staff, colleagues, bosses and family!

Workshop Objectives

By the end of this course, participants will:

Understand the essential communication techniques to deal effectively with all difficult people types

Know and have tools to deal with the 4 most difficult types of person

Know and understand their behaviour in a conflict

Know the one resourceful behaviour to deal effectively with difficult people

Increased ability to say no without being aggressive

Have an action plan to use the very next day at work

Workshop Content

Difficult People defined

The 4 Steps to deal effectively with difficult people

Essential Communication Skills

The window on the world of difficult people

The 4 most difficult types

Your conflict behaviour

The four behaviours that get results

Assertiveness skills

A framework to say NO effectively

Reflective learning and action planning

It's About Time

Duration
One Day

Workshop Overview

It's About Time course gives participants strategies to be more productive and get more from their time. If you feel that you are busy, but not achieving, then this course is for you. It's About Time is a personal look at what you are trying to achieve and delivers that for you.

Who is it for?

Busy Managers & leaders who need to achieve more
Anyone who wants to be more productive with their time

Workshop Objectives

By the end of this course, participants will:

Understand what steals your time

Know the top tips to save time and be more productive at work

Be more motivated to be more productive

Have techniques to deal with interruptions at work

Have an action plan to use the very next day at work

Workshop Content

Why save time? What's your job purpose?

Inspirational Personal Goals

Finding a balance between Urgent / Important

The one law you are not following

Time saving tips, tools & techniques

Your Personal Time Wasters

Reflective learning and action planning

Persuading & Influencing

Duration
One Day

Workshop Overview

Persuading & Influencing takes an ethical look at how we can even more persuasive and influential. We unlock the qualities and behaviours that have been proved to be more persuasive and influential in an informative, content-rich and inspirational way.

Who is it for?

Sales professionals wanting to step up their understanding of customer behaviour and be more persuasive
Managers and leaders wanting to influence at a higher level
Anyone who wants to be even more persuasive and influential

Workshop Objectives

By the end of this course, participants will:
Understand the difference between persuasion & influence
Have models to use when preparing to persuade or influence
Know the facets of behaviour and a raised awareness of their own behaviour
Know the steps to build rapport effectively
Understand what will persuade people to change behaviour
Practice the skills of persuasion
Have an action plan to use the very next day at work

Workshop Content

Push Vs Pull Communication
The PEPA model
The behaviour iceberg
Pacing
Building Rapport
The 6 key persuaders
Powerful questions
Active listening
Beyond listening
Reflective learning and action planning

Resilience

Duration
One Day

Workshop Overview

Personal Resilience workshop is for managers and colleagues who want to understand themselves and be more resourceful to gain the ability to manage their and their teams' personal resilience in any situation as it arises.

You will gain **valuable insights** to how others impact upon you and your team's performance, with practical steps to be even more effective at work and life.

Who is it for?

Managers, leaders and supervisors who want to understand themselves and their team better

Anyone who wants to be more resilient at work or in life

Workshop Objectives

By the end of this course, participants will:

Understand the true meaning of resilience & the barriers

Know the link between stress and resilience

Understand their own resilience quotient

Know the steps to build rapport effectively

Have strategies to use when under pressure

Understand the power of their internal dialogue and performance

Have an action plan to use the very next day at work

Workshop Content

Resilience defined

Your personal barriers to resilience

Stress and resilience

Your Resiliency Quotient

Your Circle of Influence

Your Resilience Strategy

The Self-Talk Cycle

Reflective learning and action planning