

fecund training

and personal development

DELIVERING BEYOND YOURSELF

Confront the barriers that restrain your vitality, discover the formula for superior communication and influencing skills.

Who is it for?

Ambitious people in any role who want to achieve more and feel more alive, empowered and satisfied at work.

What is it about?

This course is about discovering your inner strengths and aspects of your personality you've never tried to harness in the workplace. This course will help you reach a new level of job satisfaction, empowerment, confidence and productivity.

Course overview

- HOW TO DELIVER BEYOND YOURSELF– Not being afraid of failure. How to neutralise fear
- HOW TO HAVE COURAGE – what helps us fight for it? Understanding tenacity and how to "play"
- OPEN YOUR POTENTIAL – learn how to be open. How to risk your imaginative self
- HOW TO BE MORE – what helps us take responsibility? Exploring your legacy
- FECUND'S UNIQUE COMMUNICATION SKILLS FOR POTENTIAL:
 - How to energise and create a compelling physical presence
 - How to relax by recognising, controlling and channelling your adrenaline
 - How to form an instant bond with people on first meeting
 - Dealing with silence by using effective stillness, posture and body language
 - Connecting with colleagues or clients through comfortable eye contact
 - Holding the attention and engaging difficult individuals or bigger groups.
 - Listening with sensitivity by sensing needs, contacting people and encouraging trust and respect
 - Understanding techniques to really contact and engage people as a potent business communicator

What do I get out of it?

- The realisation of your true potential and how to fulfil it
- Practical tools to unleash your imagination for outstanding results
- Simple yet effective techniques to banish past fears to make the most of social and business occasions
- Raised and maintained performance levels by enhancing your natural charisma

Want to book or find out more?

To book a session, for more information about any of our courses, or to come to one of our free **monthly Taster Sessions** call **020 7575 3164** or email ian@fecund.co.uk
Details of all our courses are available at www.fecund.co.uk

fecund training
studio 210
westbourne studios
242 acklam road
london
w10 5jj