



2 Day Workshop

Communicating *with* Confidence

With Sylvia Guest

More, Better NLP Therapy & Coaching

Whether you want to relate more closely with your partner, create a co-operative family, or be more at ease in social or work situations, this workshop is for you.

Effective and satisfying communication relies on two factors – competence (knowing how) and confidence (feeling comfortable with yourself and your abilities).

Transform how you relate to others

Over two days you'll gain the skills to speak your truth, ask for what you need, short-circuit negative communicating, learn how to say 'no'...see and be seen, hear and be heard.

Highlights

Paving the Way

- Attitude, energy and outcome
- Staying cool, calm, and collected
- Being true to yourself
- Four key viewpoints for healthy relating and generating choices
- Assertiveness skills
- Resourcefully handling criticism (and nipping bullying in the bud)

Walking the Talk

- Why and how to gain - and break – rapport
- Choosing your words
- Flexible thinking for flexible communicating
- Conflict resolution - negotiating for a win/win outcome

When and Where

Saturday 7th and Sunday 8th March 2020

9.30am to 3.30pm each day

Taratara Road - halfway between Kaeo and Mangonui

Cost: \$295 per person (Payment plans/credit card payment available on request)
Includes morning & afternoon tea, lunch, and comprehensive notes

Places are limited to ensure quality interaction – claim your space now!
Contact Sylvia: Phone or text 022 076 3734 | Email sylvia@morebetter.co.nz