



What others say:

Karyn is an excellent presenter and is very good at getting keeping the whole group interested and challenged.

Susan T

The follow up coaching session made a huge difference in keeping me on track.

Trudy M

Very enjoyable and loads of fun. Highly recommended.

Sam C

Loads of fun and heaps of laughs. It's the first time that I have actually got a plan of action in place that I'm able to follow.

Alison F

The workshop helped me to get clear in where I'm going this year. Six months on I'm still ticking off my goals and putting the strategies into action. Very impressed.

Nola M

Workshop Overview

Want to be able to communicate better with family, friends and work colleagues? Learn some powerful Neuro-Linguistic Programming communication techniques that will show you how to:

- Establish rapport with others
- Understand how communication gets distorted and learn how to minimise this happening
- Master the skill of asking the ideal question
- Frame situations to provide further opportunities for rapport building

Who should attend?

This workshop teaches practical communication skills and is designed for managers, team leaders, supervisors, people who work alone and all those involved in building and maintaining staff and customer relationships.

Workshop Outcomes

On leaving this course you will be able to:

- ✓ Learn how to quickly get into rapport with others using words, voice tone and body language
- ✓ Understand the impact that your language has on your own success and your relationships with others
- ✓ Learn a range of questioning techniques that will allow you to check your understanding and gather more information from others
- ✓ Learn how to challenge and change your internal dialogue thus allowing you to stay on track when times get tough

Change your mind and keep the change



Introducing your facilitator

Karyn Chalk

What I love most about my work is the opportunity to inspire positive change for individuals and teams, and then see the long term results. Very satisfying!

Karyn is a dynamic and passionate presenter with extensive experience in facilitating workshops specialising in motivation, attitude and behaviour change. She has qualifications in nutrition, teaching, neuro-linguistic programming and business development, and 15 years experience in designing and delivering training in this area. She manages her own business 'Changing Ways', has been a training advisor in two large companies and contracts her services to a number of organisations.

Follow up after the workshop

Because this course is all about challenging your thinking, the workshop investment also includes an individualised follow up session with a Changing Ways coach.

Workshop Logistics

Date: To be confirmed

Time: 10.00am – 4.00pm

Venue: To be confirmed

Investment: \$95.00

Other: Please bring your own lunch

As our commitment is to provide a workshop that is personal and of high quality we have limited the number of places available.

So, take action now! To reserve your place please complete the registration form and return to us, along with your investment.

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