

Solution Focused

Effective Communication & Resilience Masterclass

Online – Live and Interactive from our Film Studio

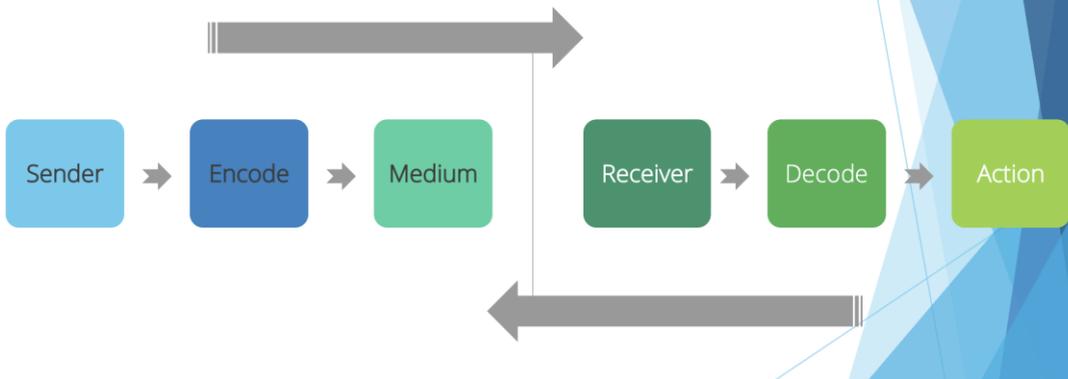
For more information or to book contact Solution Focused:
0330 002 1101 or **info@solution-focused.co.uk**



What will you learn?

- Understand the communication process and identify where breakdowns occur between the encoding and decoding of a conversation or data transfer
- Understand and be able to apply the key communication strategy
- Understand different personalities and how to adapt communication style for effective communication
- How to read body language and the impact of non verbal communication
- How to actively listen and ask high quality questions
- Understand how to build and maintain resilience
- How to apply the 7C's of resilience to maintain low stress levels
- The opportunity to win a free half day development session for your business

The Communication Process



Who is the ideal delegate?

This Solution Focused event is for anyone that wants to communicate effectively and build and maintain resilience.

Masterclass Investment

This great learning opportunity is only £105+vat per person

This includes:

- 3 Hours of Solution Focused Development
 - Slides (once the session is complete)
- Access to Solution Focused Online Resources and Weekly Focus
- An opportunity to win 3 hours of free training for your organisation

We are excited to offer this online Solution Focused Masterclass that is far from a boring webinar! These classes will be run live and interactive from our film studio to provide an engaging and interactive experience.

(link will be provided)

The Solution Focused Approach

The Solution Focused approach has been developed over many years and is based on Solution Focused brief therapy.

This approach aims to help understand and change an individual's thinking, engaging their powerful emotions/chemicals to adopt new and improved solution focused actions & behaviours. This helps the individual, group or organisation to achieve maximum success

Much More Development:

- Peak Performance
- Leadership Development
- Management Development
- Executive Coaching
- High Performing Teams
- Change & Transition
- Psychological Safety
- Organisational Development
- Team Dynamics
- Business Consulting
- Problem Solving
- Targets/KPI's & Motivation
- Conflict Resolution
- Customer Service



“Solution Focused had a massive impact on our organisation and enabled us to achieve both our business targets and personal goals. We would highly recommend engaging with Solution Focused”

Kate Markham, Hiscox Insurance

