

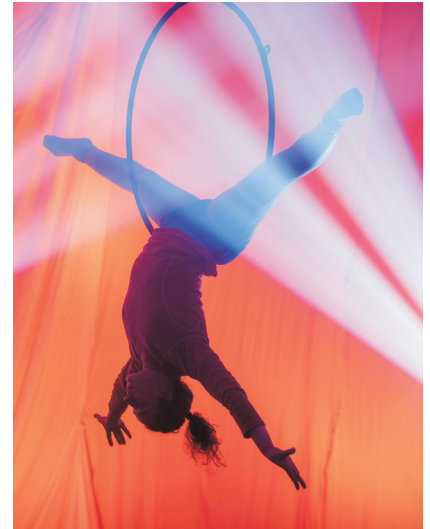
Brilliant Me Open Workshop

Become a high-flying performer!

Our flagship course – The Circus of Life – covers a range of topics that provide vital mental health awareness knowledge coupled with a comprehensive set of tools to build personal resilience and to promote personal wellbeing.

‘Brilliant Me – High Flying Performers’ takes attendees to the next level - building confidence, motivation and personal leadership skills.

Inspired by leading motivational speakers and world class business coaches, delegates will leave this workshop ready to work and perform at their brilliant, brilliant best!



Results

Attendees will be able to:

- Understand how to react positively to change and to challenges
- Be open to opportunities around them
- Respond positively to negative behaviours
- Identify their strengths
- Understand their impact on others
- Identify the key behaviours required to consistently perform at their best
- Increase confidence in their ability to achieve
- Adopt a positive mindset and encourage personal leadership

Key topics

- Key behaviours of top performers
- Understanding personal strengths and building on them
- Personal impact and communication strategies
- Building personal leadership and self-motivation
- Dealing positively with negative behaviour

Benefits of attending

Attendees will understand what their own strengths are and how their behavior impacts on others

Attendees will understand the key behaviours of top performers and will be able to use positive communication methods to influence those around them

Attendees learn to challenge habitual thought patterns and limiting belief systems

Attendees learn to take personal responsibility leading to robust personal leadership skills

Who should attend

Anyone who wants to develop the personal skills to become the very best they can be. It is recommended that delegates attend The Circus of Life prior to enrolling on this course.

Duration

1 day 09:30 – 16:30

For more information or to check dates and availability please email or phone Resilient Me