



THE STRESS MASTER

WWW.THESTRESSMASTER.COM

Constructive Communication Skills Coaching Programme

FROM AWKWARD TO AWESOME

To communicate effectively, it is essential to master three simple behaviours. For many people that's where communication becomes incredibly challenging. Good communication skills breed confidence... and confidence breeds Great communications skills.

Overview

Have you ever said something and regretted the outcome it produced?

Do you get easily irritated by those you love most or even people at work?

Do you find it difficult to express yourself in uncomfortable conversations?

Have you ever felt controlled, emotionally dominated or bullied in conversations?

The science of communication isn't difficult to understand.

- Be Clear
- Be Compelling
- Be Responsive

To communicate effectively, it is essential to master these three simple behaviours. For many people that's where communication becomes incredibly challenging. As leaders, managers, and employees, we all need to communicate constantly, whether in person, via email or chat, or in presentations. We also all want to be as clear, compelling, and responsive as possible. Good communication skills breed confidence...and confidence breeds Great communications skills.

This one-day workshop is designed to bring these three elements together in one total package to assist in positioning executives to respond to the necessity of constructive communication.

Attendees will walk away with simple, effective communication skills they can apply instantly to impact their lives and create instant positive results, they will benefit from for years to come.

Objectives

The programme includes:

- COMMUNICATION Skills Assessment
- LEARNING TYPE Survey
- The QUICK & EASY way to control how others perceive you
- 2 Techniques to feel socially confident, INSTANTLY
- How to keep conversations flowing NATURALLY...even if you're awkward
- The #1 strategy to improve your social skills and LIFE and how to do it step-by-step
- How to finally SHUT UP that negative inner-voice
- How to get out of your own head & start making REAL CONNECTIONS with people

Participants will be able to understand the elements of communication by being able to:

- List the two sum components of communication.
- Understand the difference between listening and hearing.
- Distinguish between the two main types of listening.
- Identify three listening types.
- Differentiate between verbal and non verbal signs of communication.
- Recognise basic physical gestures and movements and the messages they contain.
- Differentiate between visualisation and imagery.
- Implement the process of positive self-talk.

The ability to effectively communicate is not rocket science. All of these techniques and strategies are simple and easy to absorb and reproduce on demand. But like most things in life, and in business, a bit of practice is a good thing. Once you have mastered them, you can achieve everything!



Ches Moulton, The Stress Master, is the UK's leading authority on stress management.

He is the author of *'How to get control of your stress instead of stress controlling you'*, and the international best-seller *'Choice and Change - How to have a healthy relationship with ourself and others'*. He is also a contributor to *'Fit For Leadership #3'*.

His career has spanned more than 25 years, during which time he has been a much sought-after executive coach, psychotherapist, and trainer. His most recent work has focused on helping those with elevated levels of stress overcome their problems and enjoy productive lives, free from both the physical and mental consequences of chronic stress.

During his time as a business performance consultant, Ches has served as an advisor to both private businesses and government in Canada, the Caribbean, United Kingdom, Africa and the Middle East.

Ches Moulton is the consummate executive coach and psychologist, self-motivated, reliable and loyal. He is an effective communicator with a high degree of inter-personal and relationship building skills. His ambition and enthusiasm has made an enormous contribution to our organisation.

Paul Whitnell
President
British and Irish Trading Alliance

If you need direction, focus, help with sorting out the spaghetti in your head, I couldn't recommend anyone more highly. Over a number of sessions, Ches helped me identify the roadblocks in my business in terms of the ways I was thinking about both problems and solutions, inspiring me to think outside the box and challenging my excuses.

Ches has a unique tool box of strategies and skills that I have taken on board to rethink what is possible in my business and set goals to drive the business forward. Life changing!

Sarah Parkes
TEDx Speaker, Coach

Ches is one person who has made a big difference to my outlook on life and my effectiveness in business. I have sought help from other advisors but Ches was the first person who was able to help me change my behaviour.

He is a great coach, mentor and communicator. His non-judgemental and positive approach has transformed my attitude towards goal setting and life.

John Legg
Director
TheDeBugStore.com

