



**ARIVU**  
Empower • Innovate • Perform

## Communicating at a Senior Level (2-days)

If you are a senior manager who communicates at all levels, and you want to improve the way you communicate, then this is the workshop for you. It will help you to increase your self-awareness and improve the impact and effectiveness of your communication in a most dynamic and thought-provoking way!

Really understand how you impact others and learn how to do so in the most effective and positive way. You will leave as a great and skilled leader that can communicate very easily to any audience.

### What you can expect to gain:

- Understand what generates obstacles to getting people to engage and cooperate with you.
- Understand how human belief systems cause you and others to adopt certain mind-sets and behaviours in particular situations.
- Learn how to manoeuvre your mindset and that of others towards achieving a positive result.
- Learn how to focus on and understand the messages being transmitted consciously and subconsciously from others so that you can use them to produce a beneficial result.
- Change the way others feel by using phraseology, the way you sound and your physical presence.
- Discover methods that will allow you to become flexible so that you can instantly access an array of strategies to deal with whatever the situation demands.

### How Do You Communicate?

- How do you want others to see you?
- The Perception Divide – why it makes positive outcomes difficult for you
- Belief Systems – the predator/prey model

### Creating the Right Atmosphere

- Increasing sensitivity to conscious and unconscious messages
- 'What happens next?' – compelling others to listen
- Mental stimulus to create engagement

### Face-to-face High Impact Communications

- Eliciting and controlling emotional responses through words, sounds and physicality

[www.arivu.co.uk](http://www.arivu.co.uk)

**Innovative & Impactful Coaching & Consulting Services  
To Transform Your Business**



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- Using psychological masks to change and control responses
- Pulling the right triggers to move the communication to where you want it to go

### **Theory meets Practice**

- What impact do you generate? – The way others see it
- Creating a 'resonance' with others to gain cooperation
- Overcoming inhibitions

### **Working with Others Confidently**

- Feedback - responding and encouraging accurate and fair feedback
- Dealing constructively with negative or unresponsive people
- Your personal 'blue print' for change

If you require any specific training or coaching skills to suit your specific needs, then we can tailor-make it just for you. Just call us on our number 087 123 76 767 for a chat.

### **What others have said about these courses:**

*"Highly interactive, engaging, thought-provoking and impactful. I'm a much better communicator as a result of it and can't believe that it took only two days to develop these skills!"*

CEO of Oil & Gas Co.

**To find out more about this course or to enquire about prices, training dates and locations, please contact us on **0871 237 6767** or email us at [info@arivu.co.uk](mailto:info@arivu.co.uk)**

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