



A CMAE ONLINE WORKSHOP

# ENHANCING PERSONAL IMPACT

**TWO DAY WORKSHOP  
10TH & 17TH SEPTEMBER 2020**

*"Powerful, Positive Presence"*

A training course to Enhance Personal Impact

## ENHANCING PERSONAL IMPACT

# PROGRAMME DETAILS

OK let's get it out there, being confident and having great personal impact can be tough! This programme provides invaluable advice on how to maximise your presence and create a powerful impact on the people you meet and work with. Using NLP techniques, I aim to raise your possibility consciousness to ensure that you are 'on point' to present the best version of you that you can be.

### PRESENTER: JULES MURRAY

Jules has 14 years' experience in people development. A qualified NLP (Neuro Linguistic Programming) Practitioner, a DISC Personality Profiling Practitioner and a Goal Mapping™ Practitioner, Jules' clients are challenged to reflect upon the choices they make and the behaviours and attitudes that often prevent them from getting the results they want in life.



### 10TH SEPTEMBER SESSION 1: LEAN IN!

- What is Personal Impact and Presence and why is it important?
- Understanding yourself and how you tick along.
- Strengths, Attributes and Core Values
- First and Lasting Impressions through Facial Expressions, Body Language, Voice and Hand Gestures.
- Exploring personal and professional behaviours.
- Do your thoughts serve you well?
- Managing your inner Critic. Developing Positive Affirmations and Powerful Visualisations.
- Explore Empowering v Self-limiting Beliefs.
- Rapport Building Skills.
- Developing Emotional Intelligence.

### 17TH SEPTEMBER SESSION 2: BRAND YOU!

- Developing and Packaging the Self-Image, Projected Image and Perceived Image
- Riding the 'Bike of Ability'
- Time to develop Effective Systems and Strategies.
- Deliberate, Intentional, Practical Systems which will improve Performance.

#### DELEGATE FEES

£175 CMAE Members

£275 Non-members

Limited to 12 delegates

To register [click here](#)