

Want to feel comfortable & confident talking with people?



Want to transform your **Communication?**

Imagine yourself:

- Feeling confident voicing your opinion and addressing problems at home or work.
- Having a clear process to successfully deal with difficult conversations.
- Experiencing an attitude of calm interacting with others.

Increase your confidence using proven techniques that work!

You'll learn and practice precision skills for building and keeping relationships and discover new ways to:

- Talk through issues to achieve positive outcomes in any situation;
- Easily broker win-win solutions and confidently defuse conflict situations;
- Enjoy productive and harmonious relationships at home and at work.

August course: 6.00-9.00pm Thursday 2nd of August, 2018 for 9 evening sessions

October course: 9.30-12.30pm Thursday 11th October, 2018 for 9 morning sessions

Where: Motel Sierra Conference Room, 26 Western Hills Drive

Investment: **\$795.00** + GST. Includes course resources, tea & coffee

To register: Contact Barbara 021 434 778 or barbara@bjprojects.co.nz



**Your trainer is Barbara Jaques,
BBS, Dip. Mgt., ACC ICF, NCAET.**



Barbara loves helping people find their bright spots and tap into their internal resources and excellence to get the outcomes they desire. She has a background in management, administration and human resources with a BBS in Human Resource Management & Employment Relations. She's also a Master Practitioner of NLP, a member of NZANLP, ICF certified coach and a licensed Transforming Communications Trainer.

About the Course...

The Transforming Communication course is founded on the vision of worldwide training in the use of leading edge skills to create co-operation and resolve conflict. It was developed by Dr Richard Bolstad based on his book of the same name. The conflict resolution model it teaches draws on NLP, solution focused approaches, effectiveness training and John Gottman's relationship research.

All Transforming Communication instructors have completed both the four-day training and a nine-day instructor training and are certified by Dr Richard Bolstad.

What's in it for me?

This is both a practical and a skills-based training course. You'll be actively involved in the learning process so that you leave with the ability to communicate in new and more effective ways. And, you'll have the skills to:

- Build rapport with others quickly to gain their co-operation and trust.
- Increase others' ability to resolve their own difficulties and meet their own outcomes.
- Get others to respect your needs and co-operate with you.
- Resolve discipline and conflict problems in organisations or with children, without resorting to threats or punitive action.
- Create and activate solutions that truly meet your own outcomes as well as others'.
- Influence others successfully while keeping rapport.
- Discover how ownership, accountability and responsibility lead us towards our goals, whereas blame, excuses and denial take us away from them.
- Learn how to take control of your own thoughts, feelings and behaviours and become increasingly resourceful.
- Listen so others will talk and talk so others will listen.



What others have said about the Transforming Communication course:

"Informative course which provides an insight into behaviours and provides real world techniques to enhance communication." – A.J.

"Just do it as it will give you an entirely different way of looking at yourself and your interactions with others."

– Kevin Mitchell.

"Learning from this course has helped me to become more confident when conversing with others. I have gained valuable knowledge to better enhance my communication skills. So, so happy – thank you so much". – North Haven Hospice Retail.

"[The course has given me] The confidence to participate actively in conflict resolution". – GT, Manager.

"Absolutely do it. You will learn things you already knew but didn't 'know'. The skills are invaluable providing you use them...reflective listening – so very empowering and the outcomes have floored me."

– Lynn Freeman, Whangarei

"This course has given me so many different communication tools to use in all areas of life and business - especially communicating to my daughter"

– Ida-Jean, Whangarei

"I've been doing this amazing course – it's been such a journey. I have learned so much about myself and my communication skills have improved so much. You should look into this course ... Everything has changed for me."

– M Ryan, Whangarei

"I thought I was a good communicator before...the course has influenced me to change the way I interact with people...I'm using the skills all of the time in all areas of my life...the course has changed the way I listen and helped me to help my friends and family in amazing ways, which have been invaluable to me and to them. When I communicate with staff I now know how to assert myself and I can listen to them and get a win-win outcome. That's the biggest thing."

– V Ogle, Whangarei

"Life and relationship enriching, eye opening and great realisation of how to use sub-conscious skills. Barbara is a charismatic and skilled teacher with great knowledge in this field and awesome enthusiasm!"

– A Conaghan, Whangarei

"Life changing! My confidence has increased in all areas of my life. I now look forward to communicating instead of burying my head in the sand. Everybody has a reason for how they think/act. It's up to me to find that reason before I think/act."

– Taryn, Administrator, Whangarei

"It's about unlearning habits and learning to communicate on purpose to create, enhance and calm relationships. I can change conversations by example."

– S. Mitchell, Travel Agent, Whangarei