

**NINE  
3-HOUR  
SESSIONS  
2025**



# Transform How You Communicate

*Strategies & skills for courageous conversations to influence others & lead with confidence!*

Learn a simple system to help you effortlessly navigate tension & conflict, initiate courageous conversations with ease, develop the ability of engaging, influencing & negotiating to proactively lead yourself, your team & your people.

Successfully navigating conflict ranks as the highest area of concern for CEO's (sourced from the Stanford Graduate School of Business Executive Coaching Survey, 2013). Up-level your leadership skills with this in-depth training. You'll gain skills and techniques that support the successful resolution of disputes and conflict, help you to manage your energy and ultimately save you time and reduce your stress. This training uses proven techniques to make a BIG difference in productivity and results.

## Who should attend?

Managers & business owners who want to enrich how they communicate and gain a deep understanding of how to adapt their behaviours to get the best out of others. Come & join us to refresh what you know & find out what you didn't know you didn't know.

**“The biggest single problem in communication is the illusion that it has taken place.”**

- George Bernard Shaw

## Topics and learning outcomes

This practical and skills-based training will translate directly and easily into your professional and personal life, and we assure you that you'll leave with the skills and abilities to communicate in new and increasingly effective ways. We'll provide you with the skills you need to:

- Lead the process of people-connection to create productive relationships quickly and easily.
- Help others to confidently help themselves (reducing your own stress).
- Get your needs met and maintain your relationships personally and professionally.
- Resolve disagreements in any situation while maintaining the relationship.
- Develop strategies and plans to produce win-win results.
- Influence others and keep your connections strong.

**Dates:** Nine Thursday mornings starts 3<sup>rd</sup> of July; finishes 28<sup>th</sup> August.

**Time:** 9.30am – 12.30pm

**Venue:** Motel Sierra Conference Room, 26 Western Hills Dr, Whangarei

**Investment:** \$1,595.00 + GST / person

**To register:** Contact Barbara on 021 434 778 or [barbara@mindmoves.nz](mailto:barbara@mindmoves.nz)

Please ask us about booking your in-house training as this can also be delivered over four days specifically for your team, either in-person or over Zoom.



021 434 778

[barbara@mindmoves.nz](mailto:barbara@mindmoves.nz)

For testimonials, visit [www.mindmoves.nz](http://www.mindmoves.nz)

# What others have said about the Transforming Communication Training

TESTIMONIALS

*"...outstanding and empowering 9-week course which I highly recommend ... provides key principles and practical tools ... engaging, energizing, thought-provoking and great value. It made me more aware of how I have been communicating ... and the style I default to in times of overwhelm and/or stress. There was so much significant learning..."* – L.M., Whangarei

*"... Has been so useful in all aspects of my life – I am going to do it again ... I highly recommend to others..."* - Christine West, Northhaven Hospice

*"... the training style is brilliant – giving examples and leading and sharing the material so well – it felt effortless ... [the training] is like cleaning your glasses – seeing interactions and problems for what they are ..."* - S Calder, Northland Regional Council

*"I got a lot more out of it than I ever imagined ... this training assists and supports communicating, using a model for best outcomes for all parties."* - Sue Bovington, Donovan Group

*"...Best course I've done. I recommend it for everybody."* - NRC Employee

*"Doing it once a week allowed time for marinating the information between each session & to develop a skill base that can be used across your life in all facets i.e.: work, family, children..."* – Kim, Civil Defence Emergency Management, Northland Regional Council.

*"Very worthwhile doing this course if you are managing staff or dealing with a lot of people at work."* - AT, North Drill Ltd

*"Will provide you with tools to develop stronger relationships with people ... while respecting their self-esteem. I'm a lot calmer overall due to learning these skills and feeling confident within myself."* – Megan Hodgson, Whangarei

*"...You think you are a good communicator but doing this shows you how much you don't know and how we can improve..."* - CW, Whangarei

*"Great examples, storytelling and wonderful instruction while taking us through the material. Extremely worthwhile investment and everyone can take something from it."* - Andrea O'Brien

*"In-depth insight into communication and what it really means to listen, not just hear."* - Raymond, Whangarei

*"The most value for me is the eye opening to new skills sets available for use ... transformational!"* – R.C.

*"Life-changing – everyone should do it. It has given me tools to communicate – in particular at home with my partner and especially with my daughter who suffers from anxiety ..."* - C.N.

*"Awesome structure - each week we learned more tools and reinforced the learning from the previous week. I learned a lot more with this approach. ... helps you develop the skills to use the information you're learning."* - G.T.

*"Realised where my communication was breaking down and found out the skills to use to make it better - it's amazing! Discovered communication issues and tools to improve in every area of life ... discover what you don't know about effective communication, practice new skills and see first-hand the difference it makes in all areas of your life."* – V.H.

*"Highly valuable. I believe everyone can learn/grow from this even if one's already a great communicator. The accessibility of the learning ... it's not rocket science, we all know this stuff, it's a matter of being conscious and becoming more agile at using the skills. To me that's what makes it different from other courses ..."* – J.C.P.

*"Informative and life-changing in the way you communicate with family, friends, workmates and strangers. The most influential course I have ever been on."* - Leanne Martinovich

*"The content each week was gold for me. My relationship with my kids and husband has flourished. This course has helped build on the learnings already in me and has made me calmer and able to hear loud and clear. I don't feel the need to take things personally if someone doesn't share my view which is huge ..."* - Jodi Hauraki

*"I've been doing this amazing course – it's been such a journey. I've learned so much about myself and my communication skills have improved so much ... Everything has changed for me..."* - M. Ryan, Whangarei

*"An excellent course to help guide you through conflicts and forming solutions while preserving the relationship."* - Melanie Palmer, Infinity Property.

*"Invaluable for all aspects of life – personal and work. A practical, fascinating, engaging introduction to a useful life skill."* - Dionne Stroebel, Salt & Oil

