

## Sample Workshops - 2022

### Leading 101

An insightful, reflective and highly-interactive dive into the world of the 21st century leader. Understand the importance of emotional intelligence; listening; language and authenticity to grow within your role, influence clients and colleagues whilst also thriving at work.

### Truly Leading

Without knowing yourself, how can you lead others? Appreciate the impact your values, beliefs and filters have on your world and, often unconsciously, on those around you. Reflect on your true strengths and unique skillset to position yourself as the best leader you can be with this engaging workshop.

### Listening to lead

Building rapport and active listening are deep arts which require commitment and honing. We will dive into the world of both rapport building and true listening to understand not only the levels of listening but also the skills and principles of generative listening to ensure you can build rapport with and truly listen to each and every person you encounter both professionally and personally.

### Your language, your world

Understand the power of your internal and external language and how, in turn, your language creates your world. With ground-breaking tools, create rapport with colleagues and clients effortlessly; use language in highly-impactful ways and ensure your language is building the professional world you deserve.



- ✓ Workshops available on-line or in-person
- ✓ Flexible format: lunch & learn; half or full day
- ✓ Follow-up reading & resource list included
- ✓ Clients include: HSBC, NHS, international legal & financial firms

**Bespoke workshops available on request**

Contact Nicola at [nicola@nicolapitt.co.uk](mailto:nicola@nicolapitt.co.uk) to discuss your workshop further