

## Workshops in English and Italian

### What are they?

Workshops aimed at the development of personal competences and interpersonal abilities. Though these are soft skills, their impact is often noticeable at a business level.

Possible benefits include:

- Barriers to the individual's and group's performance identified;
- Increased awareness of the individual's and group's potential;
- Enhanced communication.

### Who are they for?

Any organization, department, team or group of individuals looking to live and work more effectively. These experiential offerings are ideal as standalone sessions, supplementary training to existing learning programmes or team building events. The workshops are created for a minimum of four participants and a maximum of sixteen.

### Available workshops

Each workshop deals with a theme related to the world of work today. Based on specific needs, the client can choose a 90-minute workshop from:

<i>A sense of humour</i>	<i>Abundance</i>	<i>Achieving success</i>
<i>Action versus Reaction</i>	<i>Appreciating ourselves</i>	<i>Appreciation</i>
<i>Authenticity</i>	<i>Awareness</i>	<i>Balance</i>
<i>Being and Doing</i>	<i>Being grateful</i>	<i>Being present</i>
<i>Believing in ourselves</i>	<i>Clarity</i>	<i>Collaborative working</i>
<i>Communication</i>	<i>Curiosity and Creativity</i>	<i>Elements of theatre at work</i>
<i>Empathy</i>	<i>Ethics</i>	<i>Exploring choices</i>
<i>Finding balance</i>	<i>Give and Have</i>	<i>Integrity</i>
<i>Leadership</i>	<i>Letting go</i>	<i>Listening to the silence</i>
<i>Living effectively</i>	<i>Living our vision</i>	<i>Living positively</i>
<i>Living the potential</i>	<i>Managing fear</i>	<i>Managing stress</i>
<i>Marketing and Sales</i>	<i>Mindfulness</i>	<i>Motivation</i>
<i>Optimism</i>	<i>Overcoming obstacles</i>	<i>Performance at work</i>
<i>Perseverance</i>	<i>Personal leadership</i>	<i>Positioning</i>
<i>Reaching our goals</i>	<i>Respect</i>	<i>Responsibility</i>
<i>Sociability</i>	<i>Speaking up</i>	<i>Taking action</i>
<i>Teamwork</i>	<i>Thinking at work</i>	<i>Time management</i>
<i>Using soft skills</i>	<i>Working with change</i>	<i>Working with intuition</i>

## **Why choose Brian for your professional and personal development needs**



**Brian Groves DipM FCIM Chartered Marketer**

Brian Groves DipM FCIM Chartered Marketer has over thirty years of experience in the training sector in Italy and England, supplying more than 17,185 hours of professional and personal development solutions.

### **- Coaching**

CTI-trained Co-Active Coach, Brian's coaching sessions in English and Italian are focused on helping clients clarify choices, connect with the simplicity and abundance of life, and reach their goals.

### **- Training**

As a Contracted Professor, Brian teaches the Università Cattolica's International Curriculum graduate courses *Leadership coaching: bringing potential to the stage of work*, *Personal marketing: performance skills at work*, *The human side of business*, *Diversity at work: working better by working together*, and *Performance management at work*.

In past semesters, he additionally taught the course *Mentoring success: the stage of work*, being part of the Università Cattolica's International Internship Program, plus the Interfaculty postgraduate course *Training through drama and coaching for work*. In 2012, as a Visiting Professor, he taught this course at the Pontifical University of John Paul II in Krakow, Poland.

Integrating experiential learning and coaching, as a freelance coach and trainer he runs workshops, provides marketing development training, general English language training and Business English communication skills development courses to individuals and corporate clients.

### **- Writing**

To date, Brian has published 33 books uniting coaching, performance and work, plus more recently, inspirational and haiku poetry.

Details can be found at [amazon.com/author/briangroves](https://amazon.com/author/briangroves)

### **- Blogging**

Active since March 2009, over 1,390 postings regarding professional and personal development are available at <http://bgdtcoaching.wordpress.com>

## **The next step**

To discover how these offerings can help you achieve your goals, contact Brian for a free no-obligation appointment via Zoom or Google Meet/Hangout.