

## 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 training needs



**Brian Groves DipM MCIM Chartered Marketer**

Brian Groves DipM MCIM Chartered Marketer has over twenty years of experience in the training sector in Italy and England, supplying more than 14,750 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 an Adjunct Professor at the Catholic University of Milan, he teaches the postgraduate interfaculty (Arts and Philosophy, Economics) course *Training through drama and coaching for work*. The course consists of a series of lessons, using four characters taken from dramatic texts as coaching clients, to examine various work-related matters.

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.

### - Publications

*Seeing America: poetry from abroad* (2018)  
*Heart Poems On Work* (2018)  
*Heart Poems On Time* (2018)  
*Heart Poems On Clouds* (2018)  
*Heart Poems On The Sea* (2018)  
*Even More Heart Poems Captured From Dreams* (2017)  
*Heart Poems On Waves* (2017)  
*More Heart Poems Captured From Dreams* (2017)  
*Heart Poems Captured From Dreams* (2017)  
*How to deliver your potential successfully on the stage of work* (2016)  
*The stage of work* (2016)  
*Performance skills at work* (2015)  
*Personal performance potential at work* (2014)  
*Coaching, performing and thinking at work* (2013)  
*Reflections on performance at work* (2012)  
*Elements of theatre at work* (2010)  
*Training through drama for work* (2009)

A keen blogger, Brian's postings regarding professional and personal development can be read at <http://bgdtcoaching.wordpress.com/>

## The next step

To discuss how these offerings proposed by Brian can help you achieve your goals, please contact Brian to set up a free no obligation appointment via the telephone, Skype or Google+ hangout.