

# Increase Your Personal Impact

## What's in it for you?

This three hour workshop aims to help delegates explore ways to enhance their personal impact through greater self awareness.

## What you will get out of it

By attending the workshop you will:

- Complete a personal FIRO B profile – a profile to give you an insight into how you relate to and work with others.
- Receive feedback on the findings of your profile.
- Work with the workshop facilitator to determine areas where you can improve your impact. This could include:
  - Creating a positive first impression.
  - The impact of your body language.
  - How the tone and pace of your voice can deliver a positive message.
  - How your management style may be perceived by your team.
  - The action you can take to increase your impact as a manager.
- Devise a specific project plan to improve your personal effectiveness and commit to it!

## Key Themes

- Know your own 'triggers' to making an impact
- How to banish the things that stop you being impactful
- Make an impact in 30 seconds – knowing how to do it without saying a word!

## What's Involved

You will spend three hours working through the findings of your FIRO B profile and deciding upon the action you will take to enhance your personal impact.

A short skill-building session will help you to apply the techniques to your work and personal situations.

You will embark upon a project plan to improve your personal effectiveness.

**“Make the most of the best and the least of the worst”** ROBERT LOUIS STEVENSON (1850-1894)