

Marketing Yourself & Building Relationships

What's in it for you?

This course sets out to help delegates analyse their potential skills and abilities and examine a range of practical approaches to ensure they can make the most of them, in both their personal and business lives.

What you will get out of it

By attending the course you will:

- Create a clear picture of your personal skills and abilities.
- Identify 'blocks' that inhibit making best use of these in the work and non-working settings.
- Develop the confidence to apply a range of techniques to overcome these blocks.
- Develop a clear plan for achieving personal and career development goals.
- Learn how to market yourself.

Key Themes

What are your talents? - A personal profile of your potential strengths.

- Being proactive – avoiding becoming a victim of circumstance.
- Developing a personal vision – visualising where you want to be.
- Self-confidence – skills to improve your self concept and strengthen your belief in what you can achieve.
- Practical steps to planning your life and career path.
- Strategies for achieving your life and career goals.
- Your unique 'selling points'.

What's Involved

You will undertake a fun analysis of your potential skills and abilities and start to develop a 'marketing plan for you'. This will form the basis for a range of practical activities aimed at helping the key 'habits' of highly effective people. Short skill building sessions help you to apply the 'habits' to specific situations you encounter in your life.

“We cannot hide behind our boundaries, or hold onto the belief that we can survive alone”

MEG WHEATLEY