

Amitabha - Transforming Communication Workshop



Presented by Jane Cullinane at Amitabha Hospice, 44 Powell Street, Avondale

Sat 25 and Sun 26 July 2020

from 8.45am to 5.30 pm

Having communication problems with clients or colleagues? There are skills you can learn that will begin to change how you communicate with others and therefore, how others feel about you. Learn simple but effective new habits that can serve you at work, and with friends and family at home as well! This fun workshop, using up to date training techniques based on modern neuro science research, will show you how to:

- ▽ **Solve the Problem Ownership Puzzle**
- ▽ **Get Yourself Heard and Get Others Listening**
- ▽ **Learn How to Help Others Solve Their Problems**
- ▽ **Learn the Skills to Get Your Problems Solved**
- ▽ **Get Others to Respect Your Needs and to Cooperate with You by Creating Solutions That Truly Meet Both Your Own, and Others', Needs**
- ▽ **Resolve Discipline and Conflict Problems WITHOUT Resorting to Threats or Punishments**
- ▽ **Learn The Latest Conflict Resolution Skills**
- ▽ **Values Consulting with Difficult Clients/Colleagues to Change Minds**
- ▽ **Influence Others Successfully While Keeping in Tune With Them.**

The Transforming Communication workshop teaches you practical skills, it's not just "theory". You will be actively involved in the process, and leave being able to act and respond to clients and colleagues in new and more effective ways. Presentations are followed by practice of each new skill, with written worksheets and exercises to back up this experience for you. There will be tasks to be completed outside the class to consolidate your learning and to ensure you practice what you have learnt at work and at home - where you need it most. This workshop is definitely "skills based".

"These skills are just too valuable to put a price on." - *Anthony Wightman, Medical Sales Rep. Wellington*

"The material is structured and presented so that it allows participants to learn new skills at a deep level in a way that is relevant and respectful" - *Patricia Russell, Staff Dev. Officer, Napier*

Transforming Communication Course total cost is \$250.00
including a Light Lunch & Morning/Afternoon Teas on both days

Limited Space Available at Amitabha
Full Payment to Reserve Your Seat Must Be Made By 15 July 2020

To book a space, or for more information, please contact :

Anjalee Pieries, Manager, Amitabha Hospice Phone: **09 828 3321** Email:
amitabha.hospice@gmail.com

The Transforming Communication Seminar was developed by Certified NLP Master Trainer Dr Richard Bolstad and based on Dr Thomas Gordon's world renowned Teacher Effectiveness Training T.E.T. and Parent Effectiveness Training P.E.T. It is backed up by recent research done at The Gottman Institute in Seattle, USA by internationally recognised Dr John Gottman and his wife, Dr Julie Gottman.
www.transformations.net www.gottman.com www.gordontraining.com

2 DAY COURSE OUTLINE

Pre-Course Homework: 2 hours in your own time before the course - Goal Setting & Values – this will be emailed to you on payment

Day 1: Saturday 25 July 2020 - 8.45-5.30	Day 2: Sunday 26 July 2020 - 8.45-5.30
Goal Setting (follow up)	"I" Messages & The Two Step
Rapport	Conflict & the Effects of Power
Problem Ownership	Win-Lose Thinking and the Win-Win Method
Roadblocks & Helping Skills	Partnership and Consulting
Sensory Systems Matching Sensory Systems VAK	Values Influencing & Conflict Resolution
Listening Skills – Reflective Listening	HOMETASK: 2 Hours in your own time.
HOME TASK: 1.5 Hour Overnight	

Further Information: Jane Cullinane NLP Master Practitioner, Hypnotherapist, Professional Member NZANLP, BA (Psych) has run a private practice in Tairua and Hamilton since 2006.

Jane also teaches courses to groups – giving power back to her clients so they can take over their own transformation as they gain the skills and learn the techniques to help create happiness in their lives. This includes her six-week Life Coaching course which she runs for Continuing Education night classes at Hillcrest High School and Boys High School in Hamilton, and for corporates such as AgResearch. She has also presented introductory talks on Health & Hypnosis: the Mind-Body Link to Grey Power and parent groups. She is a Certified Transforming Communications trainer presenting this life changing course in both Hamilton and Tairua.

Jane has also trained as a certificated Shinnick Rapid Depression Treatment practitioner and sees clients one-one, quickly and effectively assisting them with Depression, Anxiety, Panic Attacks and Anger Issues. Her relevant training and qualifications:

1984 **BA (Psych)**

1993 **Interactive Drawing Therapy**

2006 **Practitioner Neuro Linguistic Programming**

2010 **Diploma in Modern Suggestive Hypnotherapy**

2011 **Master Practitioner Neuro Linguistic Programming**

2014 **NLP Trainer Training Part I – Transforming Communication Trainer/Keys to Success**

***Jane is a Transforming Communication Certificated Trainer and certificates are issued on completion of the full course.**