

## Unmatched Flexibility to Suit Your Needs

Our Human Skills Courses are available on any date, time, timezone, or continent throughout 2025. With the capacity to deliver over 500 workshops per week, we're ready to support your organisation's needs wherever you are in the world. Whether it's a single session or a global rollout, our team ensures seamless scheduling and delivery – providing flexibility that sets us apart from the rest.

## Human Skills Courses:

### Communication

Learn to express yourself with confidence, whether you're meeting new people or engaging with a team. This course explores the power of non-verbal cues, the art of active listening, and strategies to ease anxiety in unfamiliar settings. You'll also discover how to adapt to hybrid working, refine online etiquette, and create genuine connections, so you can show up as your best self every day.

### Influencing Others

Discover how to inspire action and lead with influence, no matter your role. From presenting ideas to your team to negotiating deals or building client relationships, this workshop helps you identify and develop your natural influencing style. You'll uncover what drives your impact, tackle discomfort, and embrace opportunities to shape workplace culture with confidence.

### Collaborating

Collaboration is about more than teamwork – it's about achieving outcomes together that wouldn't be possible alone. This workshop redefines what it means to work with others, helping you find purpose in shared goals and tap into collective creativity. Learn how to embrace complexity and build partnerships that benefit you, your team, and your organisation.

### Storytelling

Stories have the power to connect, inspire, and teach. In this workshop, you'll learn to craft and share meaningful stories that bring your work to life. Whether you're leading a team, sharing lessons learned, or aligning others to a vision, this course will help you find your voice and use storytelling to make an impact.

### Innovating

Innovation thrives when ideas are shared, built upon, and brought to life collectively. This workshop focuses on collaborative creativity, showing you how to generate impactful solutions by leveraging diverse perspectives and social imagination. Discover techniques to stretch your thinking, navigate futuristic challenges, and present ideas that are ready for action.

### Personal Boundaries

Thriving at work requires more than resilience – it's about setting boundaries that protect your wellbeing and enable peak performance. In this workshop, you'll build the skills to manage workloads, overcome challenges, and strengthen connections. Leave with the confidence to take decisive action and create balance in your work and life.

### Flexibility

Embrace change with confidence and curiosity. This workshop goes beyond resilience to develop dynamic flexibility, helping you adapt to the constant evolution of today's workplace. Through evidence-based techniques, you'll learn to manage change proactively, stay grounded in your values, and create opportunities for growth and innovation in complex environments.

**£950 per 60-minute virtual workshop (up to 250 people)**  
**In-person workshops available – contact us for pricing details.**

**Book Now**