

Building Your Personal Impact

Purpose:

To increase confidence of individuals who are stepping into new roles to maximise potential & effectiveness through their careers and roles.

Objectives:

- Building self-awareness of impact on others in terms of words, voice, and body language.
- Building more presence and impact in people interactions that are uncomfortable and challenging – virtual and face-face.
- Being more open and willing to step out of comfort zones and give things a go.
- Developing a deeper understanding of what drives less confident and less assertive behaviours.
- Having more practical techniques and strategies for dealing with the internal dialogues that may hold them back and building their self-resilience in challenging situations.

Approach:

- ✓ Input on tools, approaches & practical strategies
- ✓ Facilitated and group discussions to share ideas and solutions within the group
- ✓ 1:1 coaching and setting of personally tailored stretch activities



Programme Structure:

We will work together over **5 months** and through a range of activities on this programme which is very much tailored to those taking part.

** This programme is closely related to 'Confidently Taking Your Place'. It is targeted though to people stepping into less senior roles. This programme runs in a fully virtual format.*

MODULE 1: Building Presence & Impact	MODULE 2: Our Drivers	MODULE 3: Assertive techniques	MODULES 4 & 5: Stretch preparations	MODULE 6 Stretch activity	MODULE 7 Close
1:1 Coaching (1hr) zoom Workshop 1 (90mins) zoom	1:1 Coaching (1hr) zoom Workshop 2 (90mins) zoom	Workshop 3 (90mins) zoom Workshop 4 (90mins) zoom	Leader connect Buddy pair discussions	Carrying out of stretch activity 1:1 Coaching (1hr) zoom	Leader connect

Maximum 8 people per session