

CHANGE YOUR COURSE ... CHANGE THE COURSE OF YOUR LIFE?

Copy of an article published by a journalist who attended this workshop

It's a cold February morning. Martina, a shy 26 year old Assistant Brand Manager from an international cosmetic company and Peter, a 49 year old Assistant Chief Constable are about to meet. With 3 other delegates they are attending a unique and powerful workshop that could change their lives. Fast forward two months to April. Martina is now a Brand Manager. Peter has been appointed Deputy Chief Constable of a large Regional Constabulary.

What was the course and how did it have such a powerful impact?

Martina and Peter attended an Influencing and Presentation Skills Workshop run by John Gotting from PeopleFocus.co.uk. But this is no ordinary course, nor is John an ordinary coach. As HR Director at Estee Lauder, John was a weak presenter and only 'cracked it' after 8 years and 5 courses. Why? Because none of the training was truly personalised to his style and needs. When he set up in business, recognising that personality massively influences confidence and presentation style, he created a unique course that delivers in a day what most advanced courses achieve in two. He recognised too that good 'presentation skills' are vital in all influencing settings including job interviews, selling, running meeting and 1-2-1s not just in formal presentations. He kept course numbers very small, gave 'in the moment' feedback and used the Myers-Briggs™ personality questionnaire so that his coaching was totally personalised to each individual.

So whilst Martina and Peter had different goals, personalities and styles both took big strides forward. Martina enhanced her confidence so she was able to engage her audience and comfortably handle questions at the Conference she presented at a week after the course. Peter learned to present in a more impactful and concise way and improved his promotion board interview answers to give concise, personalised and practical examples to illustrate his skills.

In 23 years John has helped hundreds of people from all levels and disciplines, from Elizabeth Arden to the NHS, TripAdvisor and Hewlett Packard to The Metropolitan Police. His HR experience with Colgate Palmolive, Estee Lauder and Heron International help him to really understand what successful organisations need. In executive coaching, team building, outplacement and presentation training he underpins everything he does with a deep understanding of personality preferences that help each person to maximise their potential.

This powerful workshop runs every month at Old Windsor, off the M25, J 13. At £495 plus VAT it's not cheap, but it will typically save up to £300 on a two day course and save a day 'off the job'. With 4 to 5 delegates it's personalised, cost effective and truly inspirational. John Gotting +44 (0) 7973 561265, or john@peoplefocus.co.uk. www.peoplefocus.co.uk

