






Personal Excellence workshop – 1 day £120

This 1 day workshop helps delegates to gain control, confidence and balance throughout work and life.

Learning Objectives

By the end of this workshop delegates will have

-  Understood what drives behaviour.
-  Explored their individual life positions.
-  Refocused personal values.
-  Identified ways to strike a work/life balance .
-  Gained more confidence and control.

We will cover:

Drivers to behaviour, Life Positions, Personal Values, Prioritising Time, Personal Values Planner.

Methodology

This is a practical and reflective workshop that enhances personal power and influence. Delegates reassess and redefine personal values and develop ways to maintain control.

To book visit: www.evaluated.com or contact us direct on 033000111031

