



TODAYS HIGHLIGHTS

Stress Success

Set Your Own Personal Objectives:

- Where Are You Now?
- What Would You Like to Know About Stress?
- How Can You Benefit from Handling Stress Better?



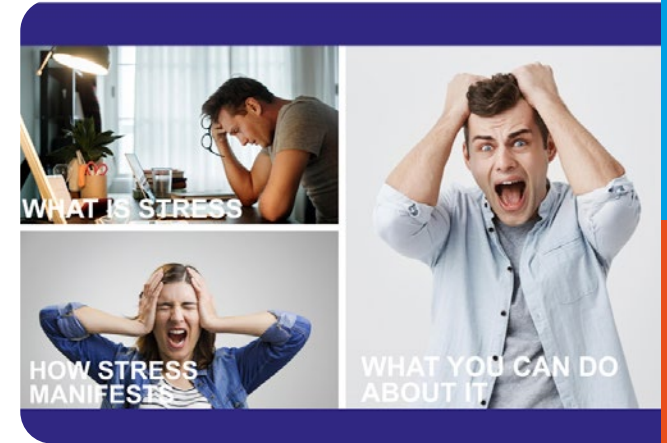
Kataholos Guide to Existing & New Courses 2021/22

From One to Ones • Specialist Teaching • and Online Learning



Existing Courses

- **5 Methods of Motivation** from infrequent feeling to repeatable process
- **Stress** How to look after you
- **How to Thrive in Difficult Conversations**
- **Developing Assertiveness** getting what you want and no one gets hurt
- **Managing Conflict**
- **Public Speaking Masterclass** from nervous to consistent confidence
- **Exceptional Communication** Become a vital communicator
- **Time Management Magic** protect your best assets
- **Meta-Learning** improve your ability to learn





New Courses available in Summer 2021

■ Proactive Problem Solving

Upstream thinking, creating solutions before problems start

■ Establishing Priorities and Boundaries protect your time and space

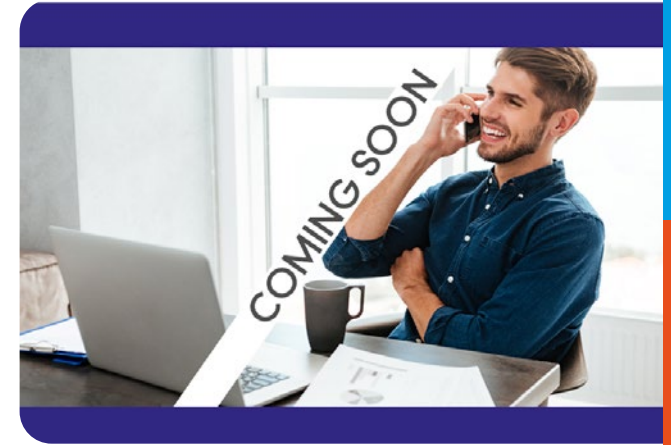
■ Building Rapport online & offline the way to wonderful relationships

■ How to create great learning experiences

For those new to teaching and training

■ Wholistic Health MoT

How to manage the most important areas of your health



Which Course interests you?

- 5 Methods of Motivation
- Stress
- How to Thrive in Difficult Conversations
- Developing Assertiveness
- Managing Conflict
- Public Speaking Masterclass
- Exceptional Communication
- Time Management Magic
- Meta-Learning
- Proactive Problem Solving
- Establishing Priorities and Boundaries
- Building Rapport online & offline
- How to create great learning experiences
- Wholistic Health MoT

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Let's arrange a **zoom**
and talk it through!

Drop me a **message**

your email

your message

SEND