



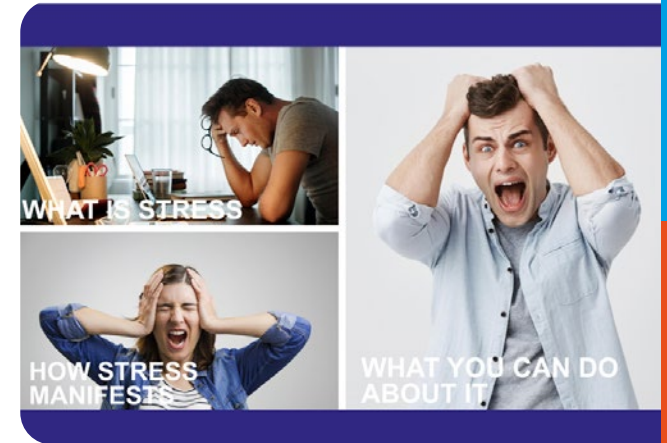
# Kataholos Guide to Existing & New Courses 2022/23

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 with 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
- **Emotional Intelligence** increase self awareness & build great relationships
- **Building Resilience** Bounce back, persevere & understand anti-fragility





# Existing Courses

- 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
- How to Avoid Common Thinking Traps**
- Setting Healthy Boundaries at Work**
- Study and Revision Skills for Exam Success**



# Which Course interests you?

- 5 Methods of Motivation
- Stress
- How to Thrive with 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
- Emotional Intelligence
- Building Resilience
- How to Avoid Common Thinking Traps
- Setting Healthy Boundaries at Work
- Study and Revision Skills for Exam Success

## Contact: Michael at Kataholos

-  [michael@kataholos.co.uk](mailto:michael@kataholos.co.uk)
-  Call me on **07581 412253**
-  Join our group [kataholos/onboarding](https://www.facebook.com/kataholos/onboarding) 
-  # pictures/videos [@\\_kataholos](https://www.instagram.com/_kataholos)
-  # pictures/videos at [@\\_kataholos](https://twitter.com/_kataholos)
-  Subscribe to The [Kathaholos YouTube Channel](https://www.youtube.com/channel/Kathaholos)
-  Kataholos website [www.kataholos.co.uk](http://www.kataholos.co.uk)



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

## Drop me a **message**

your email

your message

**SEND**