

KATAHOLOS GUIDE TO EXISTING & NEW COURSES

2024/25

Grit and Resilience



ONE TO ONE SESSIONS • GROUP TRAINING • ONLINE LEARNING

LEADERSHIP AND MANAGEMENT

1 THE 5 TYPES OF MOTIVATION

move from an infrequent feeling to having a repeatable process for motivation

2 HOW TO HAVE DIFFICULT CONVERSATIONS

be brave and achieve successful outcomes

3 HOW TO DEVELOP ASSERTIVENESS

get what you want without hurting anyone

4 HOW TO MANAGE CONFLICT

learn how to manage and resolve conflict

5 TRANSFORMATIVE TIME MANAGEMENT

focus on what matters most and move beyond being busy

6 HOW TO ESTABLISH AND PROTECT BOUNDARIES

feel safe, in control and empowered

7 HOW TO CREATE GREAT LEARNING EXPERIENCES

happy learners, high success, happy you

9 TAKING PEOPLE SERIOUSLY TO CREATE A HAPPY WORKPLACE

satisfied people = happy workplace



10 THE ART OF DELEGATION

empower others so you don't have to do it all on your own

11 HOW TO AVOID MICROMANAGING

no-one wants to be micromanaged- learn how to avoid doing so



LEADERSHIP AND MANAGEMENT

12 HOW TO LEAD AND MANAGE SUCCESSFUL CHANGE

know change, understand change, lead change, benefit from change

13 CULTURE- CENTRAL TO AN ORGANISATION

learn how to create a fantastic culture for any group or organisation

14 MANAGING UNDERPERFORMANCE

lift underperforming employees and turn around bad attitudes

15 THE KATAHOLOS APPROACH TO MENTORING

Learn how to nurture and develop capability, potential and leadership across your organisation. (in a bespoke formation and development mentoring programme.)

16 FACILITATOR SKILLS

learn how to be the one to make things happen

16 EFFECTIVE TEAMWORK

know what makes and sustains a world class team

17 SERVANT LEADERSHIP

achieve better relationships and long term results through service

18 DEVELOPING FUTURE LEADERS

grow your future by equipping young and new leaders

19 TRUSTED ADVISOR

learn how to become this highly influential figure

20 LOVING LEADERSHIP

the Kataholos Framework- lead using the strongest resource in your life, the love in your heart



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LEADERSHIP AND MANAGEMENT

21 HOW TO BE A GREAT FOLLOWER

an essential skill for all world class leaders

22 LESSER-KNOWN LEADERSHIP SKILLS

these lesser known skills will lift your leadership to a different level

23 HOW TO ASK BETTER QUESTIONS TO GET BETTER ANSWERS

learn how to improve performances and results by asking better questions

24 HOW TO GROW YOUR BUSINESS REGIONALLY, NATIONALLY AND INTERNATIONALLY

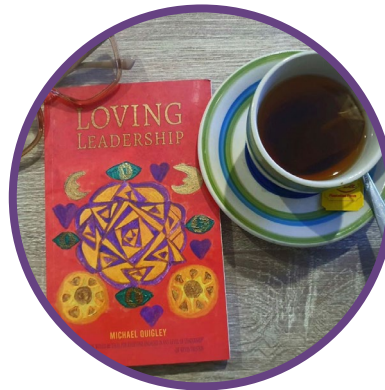
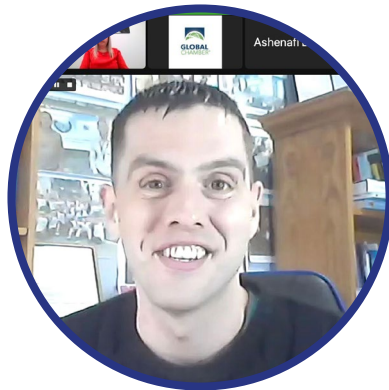
you could 10x your business by growing it on these 3 levels

25 HOW TO LOOK AFTER THE LEADER

understand the importance of privacy, support, rest and recreation for leaders

26 THE HUMAN SIDE OF AI

explore how AI can help us to understand value, relationships and what it means to be human on a deeper level



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PERSONAL DEVELOPMENT

1 STRESS SUCCESS
turn this natural response
into a fuel for your success

2 PUBLIC SPEAKING SKILLS
become part of the top
0.1% in your profession

**3 EXCEPTIONAL
COMMUNICATION SKILLS**
the most successful people are the best
communicators- learn how

4 META LEARNING
learn how to learn anything and boost
your brain's abilities

5 EMOTIONAL INTELLIGENCE
build fantastic relationships with others
and yourself by developing this skillset

6 HOW TO BUILD RESILIENCE
learn the 3 aspects of resilience to set you
up for long term success and fulfilment

**7 ONLINE, OFFLINE AND HYBRID
COMMUNICATION**
learn how to leverage each one and build
a strategy across all 3 types

9 LOVE AND WORK
begin to do the work that you love, as
often as you can



**10 MOVE BEYOND
BEING BUSY**
step off the hamster wheel and focus
on real value

**11 HOW TO MAKE FRIENDS
WITH FEAR**
it is trying to help you.
Learn how



PERSONAL DEVELOPMENT

12 THE KATAHOLOS APPROACH TO HEALTH

create a wholistic daily health approach with physical, mental, spiritual, emotional and digital aspects combined

13 HOW TO REST, RELAX AND RECOVER PROPERLY

all 3 are necessary for long term success. Learn how to utilise all 3

14 HOW TO FORM POSITIVE NEW HABITS

this process will set you up to create positive changes and make them last

15 HOW TO BE A GREAT LISTENER

listeners direct the results. Learn how to do this

16 HOW TO WRITE YOUR OWN BOOK

you can do it! Learn how

16 HOW TO HANDLE TOUGH TIMES- THEY ARE GOING TO COME

Learn how to turn them to your advantage

17 HOW TO DEVELOP PATIENCE

the key missing skill to long term success. Patience will bring you who you want to become

18 HOW TO BUILD TRUSTING RELATIONSHIPS

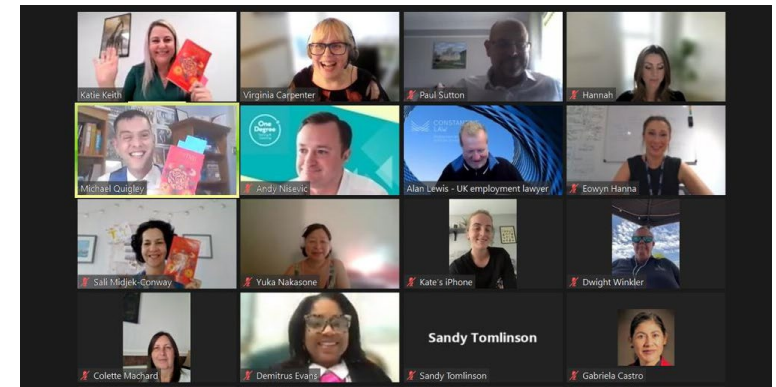
everyone wants these. Learn how to grow and cultivate people who will be there for you

19 HOW TO PLAN EFFECTIVELY

planners get ahead. Planning creates results. Learn all about them here

20 HOW TO HANDLE THE PAIN IN YOUR LIFE

when pain occurs, do you have a strategy to handle it? We can show you one



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PERSONAL DEVELOPMENT

21 HOW TO CULTIVATE AWE AND WONDER IN YOUR LIFE

no more dull and boring life. Inject awe and wonder to deepen your experience of life

22 NETWORKING SKILLS

you can achieve success with others. Learn how- including referral partners and leveraging relationships

23 HOW TO DEAL WITH THE LONELINESS OF THE MODERN WORLD

this is a huge global issue. Would you like to be less lonely and help others to be so too?

24 HOW TO IMPROVE YOUR ENERGY LEVELS

short term, medium and long term techniques you can use to boost and sustain your energy levels- no matter when you use them

25 THE WISDOM OF DOGS

reflect on the leadership, success and happiness lessons that our dogs can show us



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THINKING SKILLS

1 PROACTIVE PROBLEM SOLVING

learn how to solve problems before they happen

2 COMMON THINKING TRAPS

learn what they are and how to avoid them

3 CREATIVE THINKING

improve your creativity, imagination and creative skills

4 HOW TO DEVELOP A GLOBAL MINDSET

get ready to build relationships with 8 billion people

5 STRATEGIC THINKING

move from short term thinking to be able to strategize for long term success

6 HOW TO DEAL WITH PROCRASTINATION AND OVERWHELM

these 2 aspect are related. Learn an approach to successfully overcome them

7 EXPANSION AND CONTRACTION THINKING

a hugely useful thinking technique to ride out bad times and make the most of good

8 HOW TO DEVELOP THE ART OF SELF-REFLECTION

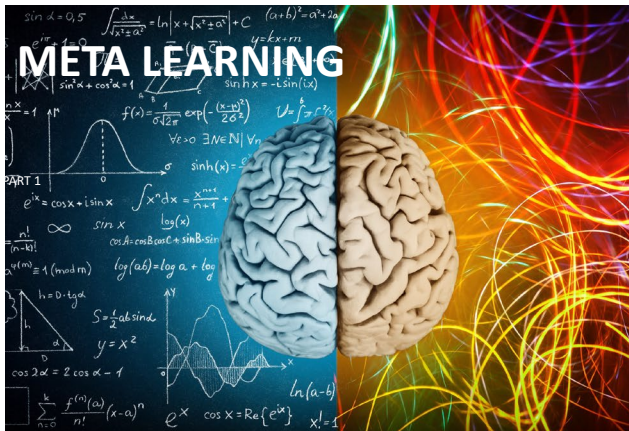
learn this essential skill that helps you to improve from your past

9 HOW TO CREATE A VISION

increase you ability to see and imagine dreams, solutions and successful ways forwards- become a visionary

10 HOW TO REFRAME PROBLEMS INTO OPPORTUNITIES

this is a simple strategic thinking approach, which you can use again and again



THINKING SKILLS

11 THINKING TECHNIQUES FOR SUCCESS IN BUSINESS
junk -mail, 10 years, paradox, indifference, thought pennies- get ready to upgrade your thinking ability for business with these techniques

12 THINKING TECHNIQUES FOR SUCCESS IN BUSINESS PART 2
diminishing vs increasing returns, procrastinate worrying, transition moments, minimum and ideal, the 5-minute decision making drill- improve your thinking abilities for business even further

13 STRIP BACK AND BUILD
learn how to extract the value from any situation with this thinking process

14 THE BOX
an immensely powerful technique to improve your ability to think, reduce worrying and retain focus

15 CRITICAL THINKING
how to use discernment to avoid negative influences- move from being overwhelmed by choice and the opinions of others to calm and assured in your strategic thinking with this thinking process



WHICH COURSE INTERESTS YOU?

THE 5 TYPES OF MOTIVATION

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HOW TO DEVELOP ASSERTIVENESS

HOW TO MANAGE CONFLICT

TRANSFORMATIVE TIME MANAGEMENT

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NATIONALLY AND INTERNATIONALLY

HOW TO LOOK AFTER THE LEADER

STRESS SUCCESS

PUBLIC SPEAKING SKILLS

EXCEPTIONAL COMMUNICATION SKILLS

META LEARNING

EMOTIONAL INTELLIGENCE

HOW TO BUILD RESILIENCE

ONLINE, OFFLINE AND HYBRID COMMUNICATION

LOVE AND WORK

MOVE BEYOND BEING BUSY

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THE WISDOM OF DOGS

PROACTIVE PROBLEM SOLVING

COMMON THINKING TRAPS

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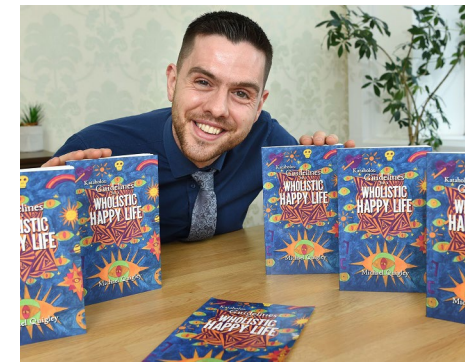
THINKING TECHNIQUES FOR SUCCESS IN BUSINESS

THINKING TECHNIQUES FOR SUCCESS IN BUSINESS PART 2

STRIP BACK AND BUILD

THE BOX

CRITICAL THINKING



DROP ME A MESSAGE

YOUR EMAIL

YOUR MESSAGE



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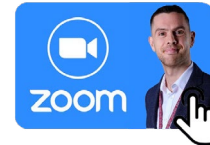
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-  MICHAEL@KATAHOLOS.CO.UK
-  CALL ME ON **07581 412253**
-  JOIN OUR GROUP **KATAHOLOS/ONBOARDING**
-  # PICTURES/VIDEOS @ **_KATAHOLOS**
-  # PICTURES/VIDEOS AT @ **_KATAHOLOS**
-  SUBSCRIBE TO THE **KATAHOLOS YOUTUBE CHANNEL**
-  KATAHOLOS WEBSITE **WWW.KATAHOLOS.CO.UK**



LET'S ARRANGE A
ZOOM AND TALK
IT THROUGH!

I attended Michael's session on 'The Five Types of Motivation'...It was the most engaging and relatable session I have ever attended and felt elevated and ready to take on the world after!

Megan

Michael has literally changed the way I think about my life over the last 3 months.

Tracy

Michael's approach works so well because he truly cares; and has a great way of expressing and delivering his experience and advice to all people, at all levels and from all generations

Stephen Hamlet- CEO
Russell Bedford International

