



EQUIP1: The Fundamentals
Advanced Communication Skills and Charisma Workshop
DISCOVER HOW TO COMMUNICATE WITH YOURSELF AND OTHERS BETTER
 Δ **Improve your rapport skills** Δ **Increase your influence** Δ **Crank up your charisma**
 Two day workshop – see separate flyer & website for more details, testimonials and dates.
 Venue by Richmond Bridge, Twickenham
(This workshop is a prerequisite for the subsequent EQUIP Mastery Workshops)

Four EQUIP Mastery Workshops available to EQUIP1 Graduates (8 days in any order)

CREATING EVEN MORE ROBUST OUTCOMES	WHAT REALLY MATTERS	GETTING THE MESSAGE ACROSS	CONSTRUCTING AN ABUNDANT FUTURE
Δ See website for dates	Δ See website for dates	Δ See website for dates	Δ See website for dates
Powerful Questions Outcome/Take Aways Δ Embed outcome strategies Δ Learn to challenge with insight and precision Δ Reinforcing learning from EQUIP1	Clarifying your Values Outcome/Take Aways Δ Structure and models to understand your needs and values Δ Defining what really matters to you Δ Understanding what matters to others Δ Establishing when are you saying 'yes' when it should be 'no'	Confident Speaking Outcome/Take Aways Δ Confidence and capability to deliver your message to one individual, pairs, threes, small and medium size groups Δ Several refined 'lift pitches'	Updating your beliefs (specifically about money) Outcome/Take Aways Δ Evaluation of and insight into your current (hidden) money beliefs Δ Create new empowering belief about money and 'wealth' Δ Simple 4 stage belief change process transferable to other issues
Deepening Rapport Outcome/Take Aways Δ Eye accessing cues Δ Pacing, leading, ending Δ More 'charisma' Δ Expanding and enriching your 'map of the world'	Living Life On Purpose Outcome/Take Aways Δ Defining your legacy Δ Saying 'no' with congruence Δ Learn how to be 'at your best'	Giving Effective Feedback Outcome/Take Aways Δ How to deliver positive and negative messages clearly Δ Deeper listening and reflective skills Δ Non Violent Communication model Δ Skills to deal with 'difficult people'	Design a Compelling Future Outcome/Take Aways Δ Written Timescaled route map for your future with milestones Δ Realistic visioning of the possible future "you" Δ 'Hologram' of the desired future you Δ Tools which you can use repeatedly for yourself and your business

Cost: Individual days £200: Each module £350: Entire 10 day EQUIP programme £1500. No quibble 100% money back guarantee
Contact Helen Oakwater directly for more details and to book your place

E: helen@helenoakwater.co.uk Land line t: 020 8288 0334 Mob 07711 478479 www.helenoakwater.co.uk

EQUIP: Experience, Question, Understand, Influence, Perform

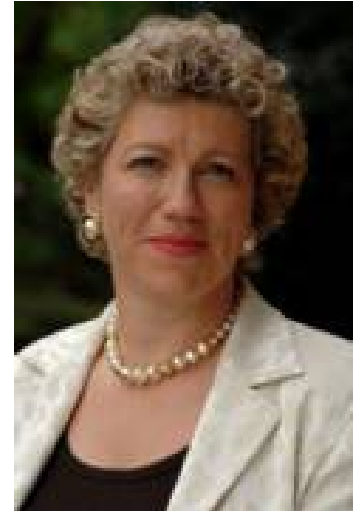
Advanced Communication Skills & Charisma Workshop

EQUIP: Experience, Question, Understand, Influence, Perform

EQUIP1 : The Fundamentals

Discover how to communicate with yourself and others

- Improve your rapport skills
- Increase your influence
- Understand yourself and others better
- Crank up your charisma



Helen Oakwater

Trainer, coach, writer; and communications expert, with a passion for learning and people.

EQUIP1 : The Fundamentals : Dates

22nd & 23rd February (Mon/Tues)

Future dates tbc: please ask Helen

Venue: by Richmond Bridge, Twickenham

Contact: 020 8288 0334 or helen@helenoakwater.co.uk

Groups are very small to ensure personal tuition hence places are strictly limited, so call immediately to guarantee your place.

£400 for EQUIP1 – The Fundamentals

Early bird saving of 20% if paid 28 days prior to workshop ie £320

£1500 for the entire ten days EQUIP Programme

Fundamentals + 8 days EQUIP Mastery workshops (£2000 if booked separately) saving you £500
Details of EQUIP mastery programme are on separate flyer and website

There is a "no quibble", **100% money-back guarantee** if you are not fully satisfied

You may be eligible for the "Train to Gain" Government funding, which can be used for EQUIP, other trainings and/or coaching. Speak to Helen directly, for more information.

"The most astounding thing is that the tools Helen teaches are so simple you wonder how you've never heard of them before. I am an avid reader of business and management books but **this information needs to be learnt and experienced firsthand**. I found the Equip workshop enjoyable, stimulating and most importantly, **I learnt new skills that I began to implement immediately**. I highly recommend this course".

Maria Flynn, Principal & Founder of Limperts Academy of Design, London and Dublin

"Most fun I've ever had on a training course and I learned masses. **This stuff is astonishingly quick and effective, easy to learn and changes your life**. I loved the informal atmosphere and the supportiveness of the small group. I'm very willing to speak to prospective participants".

Laura Chappell, Senior Executive at one of the 'Big Four' City Banks.

"The problem with communication, is the illusion that it has been accomplished." George Bernard Shaw

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“Thank you so much for a fabulous two days on the EQUIP Course. **I was concerned about taking two days out of my hectic schedule – but I can already see the techniques I have learned are going to save me a great deal of time.** I feel equipped to manage my team more effectively; I feel equipped to deliver more credible presentations; I feel equipped to deliver bad news and still have a good relationship afterwards.”

I will be recommending the EQUIP programme to many of my contacts who run their own businesses and could benefit from more effective communication techniques.”

Dinah Liversidge, Managing Director Reliable Roofer & Area Director BNI London North & West.

Ever had any of the following conversations or ongoing frustrations in your life?

- “Why can’t that member of staff just listen to what I am saying, and do as I ask? Are they just being difficult?”
- “I just can’t get my boss to hear me out on this great opportunity we have, I know he is not thick as he is very successful but he just can’t see where we could go with this”
- “Not looking forward to Monday, when I have to review Alan’s latest error filled report. I know he is going to go into a rage when I tell him he needs to rewrite it”
- “Life’s really tough at the moment, I don’t seem to be able to communicate with anyone, my business partner is being really sensitive to everything I suggest, the wife’s on my case all of the time and the kids are growing up and just don’t seem to want to listen to me.

By attending Helen’s EQUIP training program, you will gain a greater insight into why these situations occur, understand what the real conflicts are and have the skills to effectively influence a positive outcome which will help you perform better in all aspects of your life.

I would highly recommend Helen’s Oakwater’s innovative and rewarding approach in providing you with the tools to enjoy a better life.

I wish I’d done this course years ago. *Tony O’Connell: Director Pink Connect Telecomms, Twickenham.*

“I found the EQUIP course truly thought-provoking. The ideas and information were delivered by the trainer in a way that very quickly established trust within the group, an understanding of what we were learning and why, and a willingness to take risks with applying the learning points to our own personal experience. I think **everyone left feeling they had achieved something of real importance** for themselves. The two days spent with Helen Oakwater was hugely valuable to us all - she’s an excellent trainer”. *Sandy Collison, Priory Training.*

“If a man empties his purse into his head, no one can take it from him. An investment in knowledge always pays the highest return.”

Benjamin Franklin

