



**pinion**  
ADVISORY



# STRONG FOUNDATIONS

Expanding your EQ for greater connection, communication and confidence.

This personal development workshop gives you a greater insight into behaviour, the common mistakes we make when stressed and the strategies to apply to remain resourceful.

Discover how a small shift in understanding and perception can have significant benefits to how we connect, communicate and back ourselves.

## BENEFITS

- Gain greater insight into yourself and others, giving you more control over your thoughts, feelings and reactions.
- Develop strategies to help you manage stressful interactions, enabling you to communicate calmly and compassionately under any circumstances.
- Highlight the positive difference you can make to relationships, workplace culture and everyday interactions.

## PRESENTATION OVERVIEW

1. Unpacking behaviour – discover all the factors that shape our unique experience and interactions. Take away: Key strategies to limit the negative impact challenges have on you
2. The power of beliefs – how we make them and how they influence us. Take away: Insights and strategies to identify and replace unresourceful thinking
3. Profiling people and the 5 keys to connecting with anybody. Take away: Things we can do to greatly improve connection

This fascinating workshop is presented in easy-to-understand language and concepts; utilising storytelling, coaching models, video, psychology research studies, questions and activities to enhance learning and engagement.

4.9/5



*“Insightful and instantaneously effective”*

S Ifould

## FOR

People wanting a better relationship with a partner, family members or colleagues.

## DATES

Group 1: 7, 14 and 21 February  
Group 2: 5, 12 and 19 March

## TIME

11.30am–1.30pm (ACDT)

## LOCATION

Online via Teams

## COST

\$550 inc GST per business

## ABOUT YOUR HOST



Bron joined Pinion Advisory, Australia’s leading Agribusiness, Water and Environmental consultancy in 2022, providing personal

development training, mental health support and conflict resolution services.

Bron works with groups, individuals, couples and families, utilising talking therapy and education to facilitate positive psychological change and improved wellbeing.

Register today to confirm your spot!

Go to [pinionadvisory.com/events](https://pinionadvisory.com/events) or call 1300 746 466

