



3 days

An intensive professional development training course on

Mastering Self-Awareness & Effective Communication

Enhance Self-Awareness to Build Stronger Relationships, Boost Leadership Skills, and Drive Workplace Success.

Why Choose this Training Course?

Strong self-awareness and effective communication are the cornerstones of successful leadership, collaboration, and workplace relationships. This Self-Awareness Training Course is designed to help professionals enhance emotional intelligence, improve interpersonal skills, and build a productive, cohesive work environment.

By integrating Neuro-Linguistic Programming (NLP), Emotional Intelligence, and psychometric profiling, this course empowers participants to adapt their communication style, understand behavioral patterns, and foster trust across teams. Whether you are a leader, manager, or professional looking to refine your interpersonal skills, this course provides practical techniques to enhance engagement, build rapport, and lead with confidence.

This Self-Awareness and Effective Communication

SESSIONS

27-29 August 2025

Radisson Blu

Gautrain Hotel

Sandton

Johannesburgh

Course Will Cover:

19-23 Oct 2026
Dubai - UAE \$5,950

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- Practical workplace solutions using NLP, Emotional Intelligence, and psychometric profiling.
- Behavioral adaptation techniques to enhance collaboration and rapport.
- Advanced communication and motivation models essential for leadership success.
- Leadership and team engagement strategies to boost productivity.
- Self-awareness techniques for personal growth and professional development.

What are the Goals?

By the end of this Self-Awareness Training Course, participants will be able to:

- Develop strategies to create a positive and high-performing work environment.
- Recognize and adapt to different behavioral styles to strengthen workplace relationships.
- Encourage and develop their team's potential through effective leadership.
- Leverage motivation and communication skills to enhance collaboration and influence.
- Improve interpersonal skills for effective decision-making and conflict resolution.

Who is this Training Course for?

This Self-Awareness with Effective Communication Course is ideal for professionals at all levels who want to improve their communication effectiveness and leadership impact. It is particularly beneficial for:

- Executives & Managers – Enhancing leadership communication and team engagement.
- Aspiring Leaders – Preparing for promotion and career growth.
- Professionals in Client-Facing Roles – Improving clarity and impact in communication.
- Team Members & Project Leaders – Strengthening collaboration and teamwork.
- Individuals Seeking Personal & Professional Growth – Developing self-awareness and rapport-building skills.

How will this Training Course be Presented?

This Effective Communication Course integrates proven adult learning techniques to ensure high engagement, comprehension, and retention. The course features:

- Interactive Discussions & Case Studies – Applying self-awareness and communication techniques to real-world scenarios.
- Hands-On Exercises & Group Activities – Practicing leadership and interpersonal skills in a collaborative environment.
- Advanced NLP & Emotional Intelligence Techniques – Enhancing awareness of self and others for improved communication.
- Practical Simulations – Strengthening decision-making and conflict resolution strategies.

This fast-paced and engaging training experience will empower participants to enhance their self-awareness, refine their

communication skills, and become more effective leaders in their organizations.

Daily Agenda

Day One:

How to Build Lasting Rapport

- The art of building lasting rapport
- How to identify behavioural traits and react to them
- How to modify your own behaviour to match other's
- Sharpen your senses to the signals others are sending you
- Connect with colleagues and clients at a level that creates deeper trust and commitment
- Read body language in order to understand how others are thinking and responding to you

Day Two:

Crystal Clear Communication

- Powerful listening and questioning techniques
- Thinking and language patterns
- Sub-modalities
- Perceptual positions
- Climates of trust
- Well formed outcomes

Day Three:

Motivation

- Logical levels of change
- The importance of values in motivation
- Eliciting values for yourself and your organisation
- Setting goals that motivate
- Creating a positive future for your organisation
- Testing your well-formed outcomes

Self-Awareness

- Key concepts of NLP and Emotional Intelligence
- Connecting your feelings for greater self awareness
- Eliciting emotions
- Noticing your unconscious messages and following your intuitions
- Self-talk and what it means
- Internal and external referencing

Empathy

- Review how to sharpen your senses to the signals others are sending you
- Communicating first impressions - the secrets of body language
- How we communicate
- Filters to communication
- Learning Styles
- Modelling: how others do things

Certificate

- Luthando Skills Certificate of Completion for delegates who attend and complete the training course