## THE PROFESSIONAL SELF WORKSHOP WITH SIAN JAQUET

# A proven, powerful half-day workshop to energise and connect senior and middle management.

Connecting and engaging with staff and clients are key strategies for our working world. Understanding your 'professional self' is an essential part of this success: Who are you when you turn up to work? Who do you need to be?

Remote working, increased divergence of opinions and the ever-evolving 'new normal' has created stress within our working lives. For many, this has caused a disconnect with what we believe to be our roles and responsibilities.

Our values dictate how we make decisions, achieve tasks, and navigate all the relationships we have in our working world. Understanding them and using them, will make this **one of the most important training sessions you will ever attend.** 

Your individually tailored workshop (ideally 5-25 people) begins with a live in-person interview with your CEO to set the tone and culture of your organisation. Please feel free to contact us to, learn how we can accommodate more staff members.

This workshop will allow you to optimise communication, maintain professional integrity, manage stress, increase productivity, and improve resilience and wellness. Most importantly, ensure you and your staff are happy and productive in their roles.

#### Speaker



**Sian Jaquet** unlocks personal and business potential and in doing so, advocates positive change and growth. She bring a refreshing blend of pragmatism and humour to every arena. *sianjaquet.com* 

### What people are saying

"Great session which opened me up to understanding how my values influence me and how I work in a group." - Senior Leadership, TEG

"I just feel it was good to see some of our team that might traditionally not be that open with everyone else, really open up. It will make conversations much easier going forward." - Senior Leadership, Hilton Brown

#### Investment

The cost of the half-day workshop is NZ\$5000+GST plus expenses expenses

**BOOK NOW** 

Please contact Andy for availability or to speak with Sian.

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