



Who's Driving Your CAR?

What's this about?

A three sessions, nine hour training looking at the fundamentals of communication

Communication

Awareness

Responsibility

Communicating with yourself and others, being acutely aware of how you do this, taking responsibility for your own and other people's actions

What will this get you?

An insight into how you interpret, construct and make sense of the world around you

The knowledge of how you communicate with others and them with you, making you consciously aware of words and how you speak them, your body language, how it's interpreted - and what makes you and them really tick

An awareness of how you are who you are, and who's really driving that car!

It'll enable you to take responsibility for your life creating more opportunities and choices, leading to a happier more fulfilling life

You'll get a deeper understanding of yourself enabling a deeper understanding of others

Who's it for?

Individuals and teams, who want exquisite communications skills, are curious about the world and want to explore their relationship with the world

Those persons who are willing to give it a go!

For more information?

Contact Paul Ludford at APLnlp, the details are below

