

COURSE LIST

High Performance Digital Live
Management, Leadership and
Communication Skills Training

highperformance.ie

HIGH PERFORMANCE TRAINING

DIGITAL LIVE

COURSE LIST

High Performance Digital Live - World Class Tailored
Training Solutions

COURSE LIST BY CATEGORY

COMMUNICATION SKILLS

- Avoid the Communications Minefield
- Breakthrough Conversations – Master the Art of Virtual One-to-One Performance
- Building and Maintaining Effective Relationships
- Building on Strengths to Reach Your Potential - Key Strengths and Areas of Aptitude
- Communicate with Confidence and Influence Stakeholders
- Communicating for Performance – Maximise Your Performance
- Communication and Assertiveness Skills
- Conflict Management – Identify the Source and Deal with it Effectively
- Conflict: Productive Conflict - Proven Cognitive Process of Reframing
- Decision Making and Problem Solving - Essential Skills for Effective Leadership
- DISC Personality Profiling
- DiSC: The Language of DiSC - Behaviour Styles and Effect on Others – Adapt for Success
- Effective Listening Skills - Adapt Your Listening Style
- Effective Listening Skills for Performance Management in a Virtual World - Employees
- Effective Listening Skills for Performance Management in a Virtual World – Managers
- Emotional Intelligence and Problem Solving
- Generation Gap – Understanding and Managing this in the Workplace Today
- Influencing Skills – The Psychology of Influence
- Internal Communication Skills - Communicate Effectively
- Masterclasses – All Topics
- Negotiation Skills – Harness the Tips, Tools and Techniques that Deliver
- Negotiation Skills - Skills, Tools, Tactics and Processes
- Negotiation Skills - The Art of Negotiation - 4 Step Model - Build Confidence
- Presentation Skills: Best Practice Presentation Skills – Basic and Advanced Problem Solving – Innovative Problem Solving
- Problem Solving and Decision Making - Essential Skills for Effective Leadership
- Problem Solving: 7 – Step Problem Solving - Approach and Solve Problems Quickly
- Psychometrics - MBTI and DiSC Behavioural Styles Workshops
- Re-framing Tough Times Credibly - Cognitive and Behavioural Techniques
- Stakeholder Mapping - Manage and Communicate More Effectively
- Understanding Emotional Intelligence – An Introduction
- The Science of Neuro-Linguistic Programming

MANAGEMENT SKILLS

- Change Management - Navigate the Change - Leverage the New
- Delegation Skills – Create the Conditions for Success
- Feedback – The GIFT of Feedback - Change and Reward Behaviour
- From Limiting to Empowering Beliefs in Tough Times - Address the Challenges of Now
- Ideas into Action
- Influencing: Science of Influence Part 1 - Applying Psychological Methods
- Influencing: Science of Influence Part 2 - Develop and Practice Influencing Strategies
- Influencing: Psychology of Influencing: Mindset and Process for Effective Influencing
- Internal Written Communication - Communicate Effectively
- Interview Skills – Competency-based Interview Skills Training
- Interviewee Skills Training - How to Succeed in Competency-based Interviews
- Introduction to EQi - Develop and Build Your Emotional Intelligence
- Management: From Supervisor to Super Leader
- Management: Essential Skills of Management in a Virtual Setting
- Management: Flexible Management - Proven Methodologies – Develop Staff
- Management: Front Line Management Skills
- Management: Improved People Management Skills
- Management: Manage Remote Teams - Improve Performance Make Progress
- Management: Managing People and Performance
- Management: Managing People, Probation and Performance
- Management: New Manager – First Time Team Leader
- Manager’s Mindset
- Manager’s Toolkit
- Managing Through Difficult Times - Resilience for Self and Teams
- Meetings: Chair Effective Meetings
- Meetings: Leading Effective Virtual Meetings
- Meetings: Manage Effective Meetings
- Motivation and Engagement in a Virtual Setting - The Key Drivers
- Motivation: Science of Motivation. Understand How to Identify and Tap Into Motivation
- Performance Management in a Virtual World – Conduct Effective Appraisals
- Planning Skills for Management, Project Management and Team Management
- Problem Solving - Innovative Problem Solving
- Stakeholder Mapping – Manage and Communicate More Effectively
- The Manager as Coach
- Time Management – Manage Your Energy to Manage Your Time
- The Science Neuro Linguistic Programming

LEADERSHIP SKILLS

- Change Management - Navigate the Change - Leverage the New
- Fundamental Skills: Leadership, Vision and Strategy
- Lead Effective Virtual Meetings - Collaboration and Communication Skills
- Leadership and Motivation
- Leadership Mindset
- Leadership Presence
- Leading a Culture Shift – Workshop for Senior Executives
- Leading a High Performance Organisation
- Leading Effective Virtual Meetings
- Leading Through Change
- Leading With a Growth Mindset
- Leading with EQ
- Stakeholder Management
- The Leadership Mindset

MEDIA

- Media Communication Skills for Business
- Media Spokesperson Interview Skills
- Writing and Presenting Successful Speeches
- Broadcast Media Skills
- Feature Perfect - Writing Articles for Publication

TIME, ENERGY AND FOCUS MANAGEMENT

- Time Energy and Focus Management
- Time Management and Effective Planning – A Framework for Prioritisation / Planning
- Working Remotely – Manage Your Energy to Manage Your Time

TRAIN THE TRAINER

- Master Trainer: Three-day Programme
- Train the Trainer – Training That Gets Results

RESILIENCE

- From Limiting to Empowering Beliefs in Tough Times
- Managing Through Difficult Times – Resilience Training for Self and Teams
- Reframing Tough Times Credibly – Cognitive and Behavioural Techniques
- Resilience for Self and Teams - Resilience for Now, Stronger for the Future

TEAMBUILDING

- Belbin Roles in Action - Develop Team Roles and Apply to Team Dynamics
- Belbin Team Roles Discover Your Strengths in a Team - Build High Potential Teams
- Building High Performance Teams
- Manage Remote Teams – Improve Performance Make Progress
- Team Leader Essentials – Living the Values
- Teambuilding Digital Live - Trust, Conflict, Commitment, Accountability, Results
- The Five Behaviours of a Cohesive Team - Trust, Conflict, Commitment, Accountability and Results

WRITING SKILLS

- Business Writing Skills for Greater Impact
- Client Service Writing Skills - Putting the Client First
- Feature Perfect - Writing Articles for Publication
- Internal Written Communication - Communicate Effectively
- Minute Taking Made Easy
- Professional Report Writing with Editing
- Report Writing for Investment Committees
- The Pyramid of Content-How to Create Smart Content Every Time
- Writing for the Web – Content

TO BOOK A COURSE CALL US ON **01 853 2215**

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