

## Coaching Programmes for Middle Managers

### Gravitas and Impact for Managers

Ask any manager in any organisation their top five concerns/worries about being a manager and you will get an answer around how they present themselves to the world, including

- Presentation skills
- Body language
- Use of voice
- Use of language
- Tonality
- Presence
- Influencing skills

Managers are not taught how to work on these skills to help them get the most out of their management and leadership style. This programme “Gravitas and impact for Managers” is designed to give middle managers and leaders the opportunity to create a step change in the way that they present themselves in the workplace, how they talk and what they do.

As a result of this life changing executive coaching programme you will be able to open up your mind to a new world of communication that may currently be hidden in your workplace. You will also be able to see how your behaviour can affect that of others and so influence them and yourself to benefit situations.

Ultimately you will be able understand that gaining and holding the other party’s attention is a key element to successful management.

The programme will include subjects such as

- What makes communication good
- How to use body language to your advantage
- Essential Listening skills
- Whole mind and body communication
- Visioning the other person point of view

This programme will be 6 sessions of 1 or 2 hours in length over six months. Programmes should all be face to face.

### Who’s it for?

All types of middle managers that know that there is more to how they can influence others than just the language that you use. Also managers who know that a degree of reduced confidence is affecting the way they present when in the workplace.

**How does it work?**

