



Conscious & Mindful Communication Skills 101 1 Day Program Overview.

MAK EXECUTIVE

TRANSFORMING A WORLD OF LIMITS TO UNLIMITED POSSIBILITIES



GET BENEATH THE SURFACE OF YOU

“Knowing others is intelligence;
knowing yourself is true wisdom.
Mastering others is strength;
mastering yourself is true power.”
— Lao Tzu, Tao Te Ching

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Conscious & Mindful Communication Skills 101

Your Invitation to attend this 1 day Interactive workshop. Learn the matrix of how you create your reality and how that impacts how you listen to and communicate with yourself and others. This is no ordinary "Communications Course", we go past the traditional skill and go deeper for greater impact.

By the end of this course, you will enact a higher level of "Conscious & Mindful Communication" improving your interpersonal skills with others and self. At MAK Executive we bring science and theory into practice, we not only train, we facilitate and coach so that you receive an individualised experience. We believe in closing the "knowing-doing gap" so you get the knowledge, skill and the full experience to do!

Your investment includes:

- 1 x 1 Day live interactive training, with morning tea, lunch, afternoon tea provided.
- 1 x Workbook covering all the theory and practical exercises so you keep learning beyond the classroom.
- 1 x **Complimentary 50 min strategy coaching session** with a world-class Executive and Transformational Integral Meta-Coach (worth \$300).
- Parking is available on the street and weekends are free!

PROGRAM OVERVIEW

Module 1: The Meta Model

Understanding of the way we each communicate and create meaning in the world.

Module 2: Perceptual Filters The 10 Filters.

Understanding the filters that impact and impeded our own and others ability to "hear, see, and feel" what we communicate. Practical techniques for how to break our perceptual "habits and obstacles to listening" to expand our awareness.

Module 3: Consciousness External Body Language.

Experience the impact of body language "the non-verbal" communications skills, how to read and respond the to the unsaid.

Module 4: Managing States Introduction to Emotional Intelligence.

Learn how to create emotional state awareness and change the course of your response. Create multiple "states" for effective listening and being present.

Module 5: Mindful Conversations.

Putting it altogether with meaningful questioning and conscious listening skills. Introduction to perspective taking skills.

When: Public Program

Saturday 25^h June

8:30 – 5:00pm

Corporate programs on demand

Where:

Suite 305

87 Gladstone Street

South Melbourne

3205

Investment:

Standard price \$740

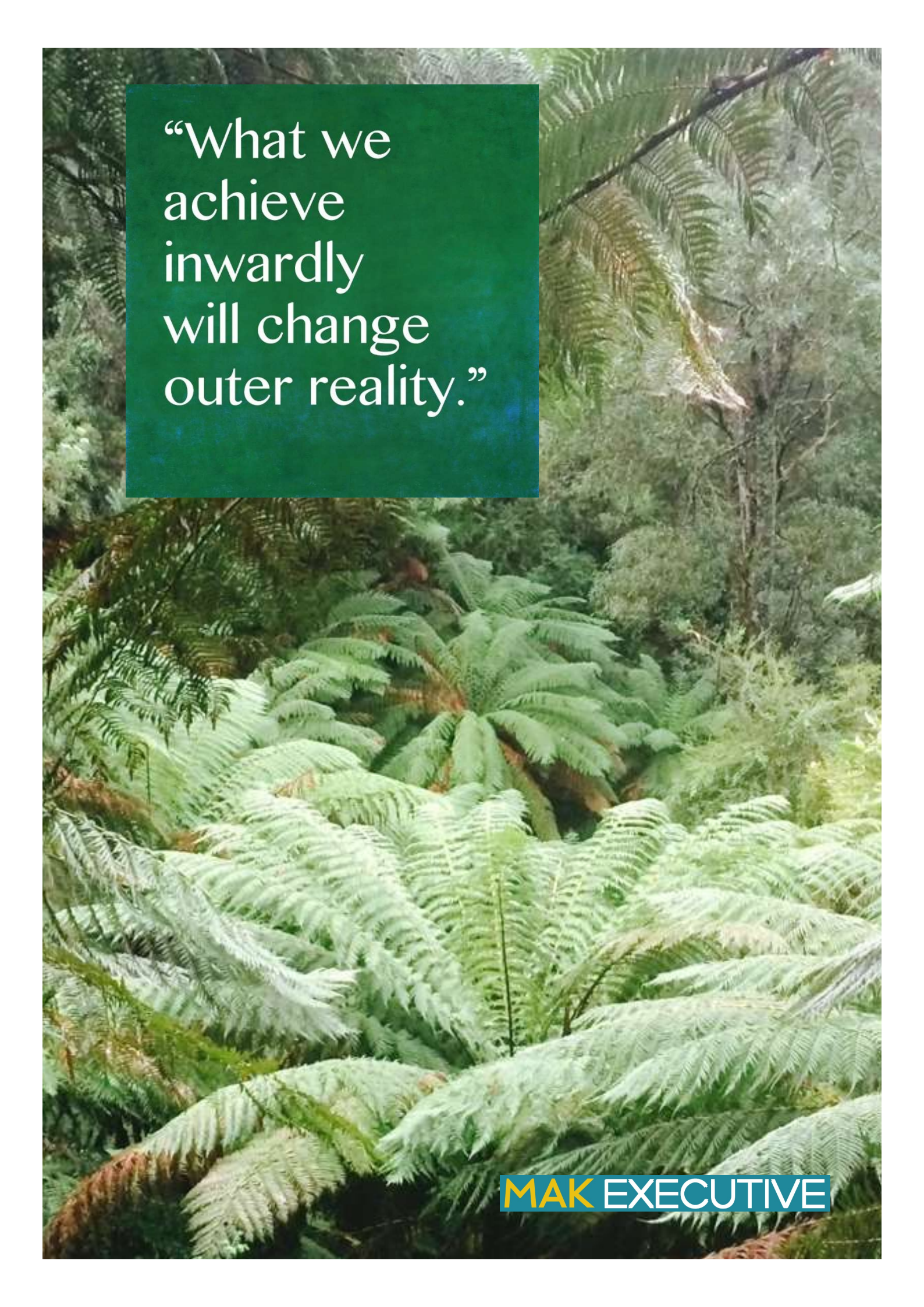
Group and Early bird discounts available

To Book via invoice electronic transfer:

Go to www.makexecutive.com go to the training tab and book button.

OR via Paypal and Credit Card

Search "Conscious and Mindful Communication 101" at www.eventbrite.com.au



“What we
achieve
inwardly
will change
outer reality.”



Why “Conscious & Mindful”?

As human beings, we never stop communicating. We communicate with our words, our voice, the tone, volume and projection, with our bodies, our eyes and face, our stance and gestures, and with our energy, our emotions and state. We outwardly will speak over 870 million words in our lifetime! Now imagine how many words we say to our selves added on top of that?

Lets first break down the meaning of the words “Consciousness” and “Mindfulness” as we then apply this to the skill of communication.

Consciousness is what allows us to be conscious of anything, and every waking moment in life. With out consciousness there is nothing - just complete emptiness. Our “Conscious” mind is logical, rational and analytical, while our “Sub-conscious” mind is illogical, irrational and non-analytical. We are only fully conscious when “self” comes to mind.

Mindfulness is a particular degree and strength of awareness, this gives you a sense of being in charge of your mind. It provides the clarity and presence in the moment to “choose” and “focus” your thoughts and direct your energy.

It is not enough to simply bring “consciousness” (awareness) of how you communicate, we need “mindfulness” to take it to the next level, to become present in the moment to change and shift our own way, to break free from our habitual patterns, to not be “had” by the environment, and have the freedom to choose our response. That is “Conscious and Mindful Communication”.

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IT'S ALL ABOUT YOU



Who is this for?

Have you ever felt like you are not being heard? That you have something to share but can't quite find the words to express it? Have you ever felt misunderstood, that someone is taking you the wrong way? Have you experienced being in a meeting and walking out feeling like it didn't really go anywhere despite the hundreds of words spoken? Have you ever walked away from a conversation and then later thought of all the things you could have said? Would you like to feel connected to your own innate wisdom, intelligence more freely and easily?

This is for YOU and for companies/organisations who want to invest in their peoples professional and personal development.

It's for business executives who want:

- To understand and create internal motivational strategies
- To improve productivity, and reduce stress
- To be heard and understood
- To put forward their ideas, recommendations with impact
- To improve their working relationships with others
- To have more control over your behaviours
- To broaden your perspective taking abilities

It's for individuals who want:

- To understand self more fully and the way you create your own reality
- To improve their interpersonal relationships
- To gain skill in changing personal habits in communicating with self and others.
- To effectively communicate their thoughts, emotions, ideas and express yourself more fully
- To become more self aware of the barriers to being understood
- To influence the behaviour of the people you interact

Get all these benefits, and more. Make the best investment there is, the investment in YOU!

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What is different about this course?

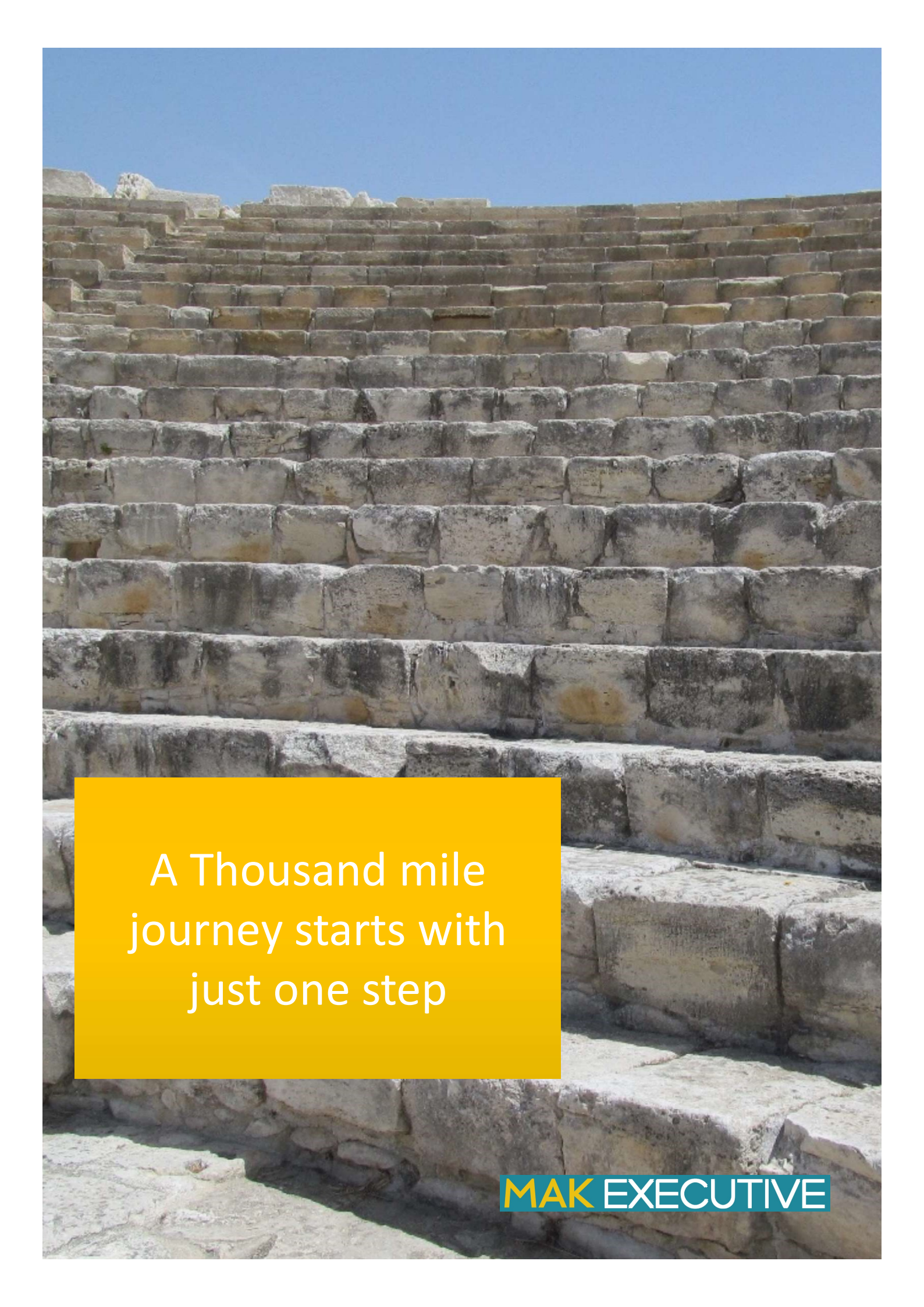
We use leading edge technologies, and interactive learning, so that you not only get the "knowing", you also begin the "doing" and start to create the new habit which will bring about long lasting change!

This is no ordinary “Communications Course”, we go past the traditional skill and go deeper for greater impact. We take the “inside out approach” to communication.

We bring awareness to our natural communication style and that of others, seeing the paradox of communication.

- ✓ We have built this program using international **world class leading edge technologies** in neuro-semantic, neuro-linguistic communication model, integral theory, together with practical everyday techniques and exercises.
- ✓ We start with **YOU**, understanding what and how you communicate with **YOU**, *then* others.
- ✓ We go **DEEP** to the layers and matrix to how you perceive the world and make meaning.
- ✓ You will leave with a understanding of your **internal MAP** that you unconsciously use everyday to communicate with yourself and others.
- ✓ We share the theory, application and you get to try it on so you get the **EXPERIENCE** of the theory not just the knowledge.
- ✓ We offer you a **complimentary STRATEGY COACHING** session for a personal experience.
- ✓ We limit our **CLASS SIZE** for greater impact and a more personalised experience.
- ✓ We give you ongoing **SUPPORT** to take your learning to the next level.

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A photograph of ancient stone steps leading up a hill under a clear blue sky. The steps are made of large, weathered stone blocks and recede into the distance, creating a strong sense of perspective. A yellow rectangular box is overlaid on the lower-left portion of the image, containing white text.

A Thousand mile
journey starts with
just one step

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The Agenda 1 Day Program

Welcome & Introductions	8:30 – 9:00
The Communications Meta Model	9:00 – 10:00
The 10 Filters	10:00 – 10:30
<i>MORNING BREAK</i>	<i>10:30 – 10:45</i>
The 10 Filters continued	10:45 – 12:15
<i>LUNCH BREAK</i>	<i>12:15 – 1:00</i>
Body Language	1:00 – 2:00
Managing States & Emotional Intelligence	2:00 – 2:45
<i>AFTERNOON BREAK</i>	<i>2:45 – 3:00</i>
Mindful Conversations	3:00 – 4:30
Summary & Close	4:30 – 5:00

To Book this course or for more
information on public and corporate
programs email us at:
info@makexecutive.com
Or visit www.makexecutive.com



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