

# BRINGING OUT THE BEST IN PEOPLE

*Confidence is a  
mindset*

## DEVELOPING INDIVIDUALS TO BECOME EFFECTIVE COMMUNICATORS & LEADERS.

Find the best fit training program and options for your team, or individual coaching.

### Communication & Leadership Training Tier 1 & Tier 2, Masterclass

Communicate & lead effectively, have an impact, eliminate public speaking fear & build your confidence.

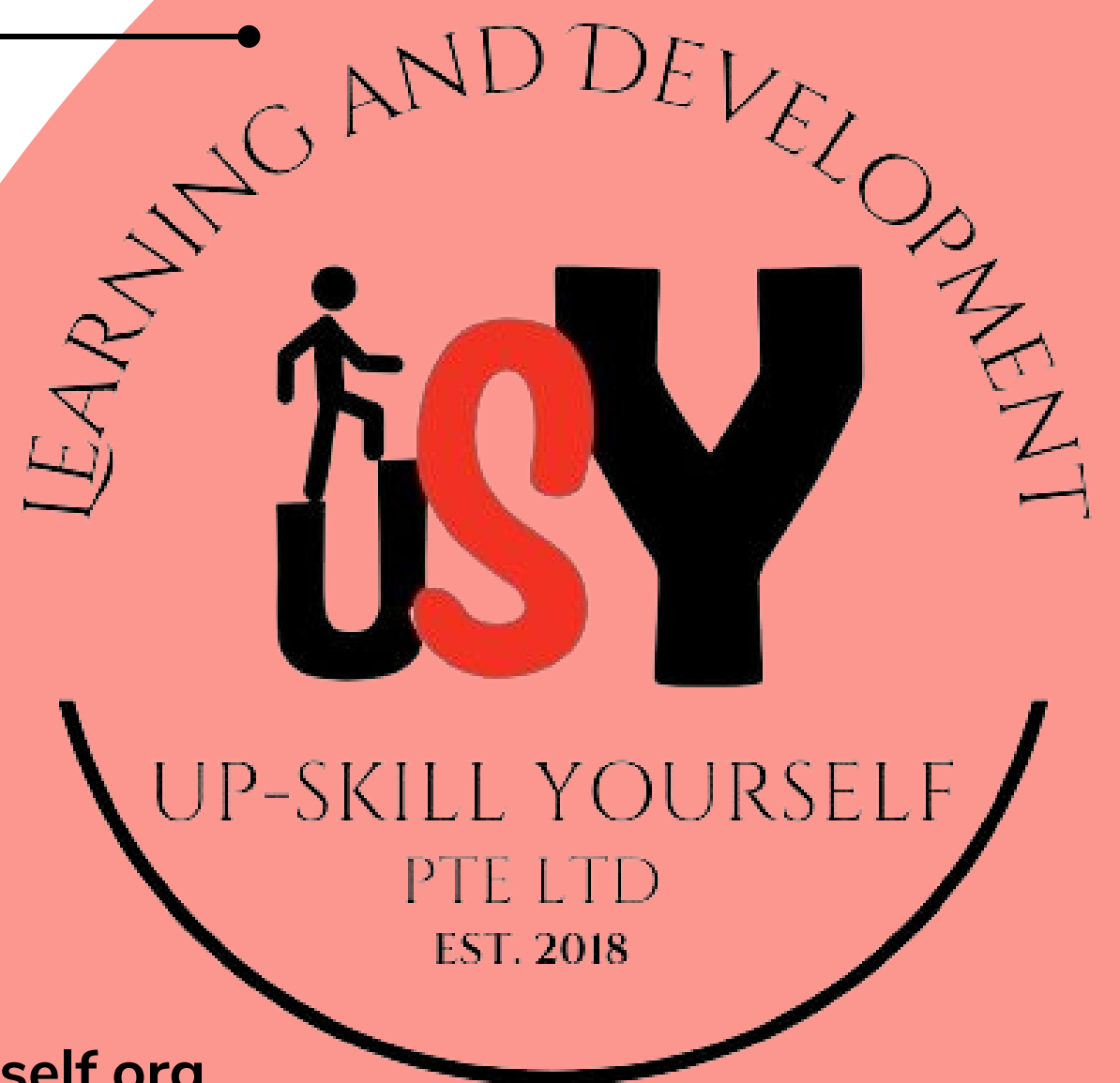
### MBTI Personality & E.Q 2.0 Indicator Training

Growth begins the moment you know yourself!

### Developmental Program & Coaching

It's never too late to be who you can be!

To discuss these options, please email: [info@upskillyourself.org](mailto:info@upskillyourself.org)



Some of the Organizations we have provided training to and worked with:



[www.upskillyourself.org](http://www.upskillyourself.org)

"You don't have to be ready to start, but you have to start to be ready"

"Every Leader communicates & every communicator Leads!"

"Speak in such a way others love to listen to you, listen in a way others love to speak to you"



# MEET OUR TRAINER

An Adult & Tertiary Teacher, Leadership Fiji Alumni and an advanced Toastmaster, **Ms Veronika Naiwaqa** continues what she started 8yrs ago: facilitating developmental sessions in Public Speaking, Effective Communication & Leadership. She is a Certified Learning & Development Professional, MBTI Practitioner, Trainer & Coach.



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## TRAINING OPTIONS

Effective Communication & Leadership (CAL) Training, program & coaching	Hrs	Description
CAL Tier 1	1hr-4hrs	<ul style="list-style-type: none"> <li>• A minimum of 1hr and max of 4hrs group training</li> <li>• 1hr focuses on awareness, understanding of skills and the theory of CAL responsibilities &amp; impact.</li> <li>• Identify your personal CAL habits, effectiveness and impact</li> <li>• Understand and translate the theory of effective CAL skills into practice</li> </ul>
CAL Tier 2 (9hrs of face to face learning & 3hrs of self paced e-learning)	9hrs	<ul style="list-style-type: none"> <li>• A minimum of 10 &amp; max. 20 participants</li> <li>• 1.5hr spread over 6 consecutive weeks</li> <li>• Translate the theory of Public Speaking into practice</li> <li>• Lead effective meetings through facilitating roles</li> <li>• Build your speaking confidence, speech clarity, &amp; speech delivery</li> <li>• Evaluate to motivate</li> </ul>
Effective Communication Master Training	1 full day	<ul style="list-style-type: none"> <li>• Includes MBTI Personality Indicator and how your personality directly impacts your communication style</li> <li>• Applying your MBTI knowledge to understand how others communicate, and using it to engage, empower and impact others</li> <li>• Building a value-based intentional communication style</li> <li>• Tailored combination topics from Tiers 1 &amp; 2</li> </ul>
Effective Leadership Master Training	1 full day	<ul style="list-style-type: none"> <li>• Includes Emotional Intelligence 2.0 personalized Indicator and how you can use it effectively to lead people &amp; teams</li> <li>• Understand &amp; effectively use E.Q to impact your leadership style</li> <li>• Building a value-based intentional leadership approach</li> <li>• Tailored combination from Tiers 1 &amp; 2</li> </ul>
Effective CAL Master training	3 full days	<ul style="list-style-type: none"> <li>• Includes MBTI &amp; Emotional Intelligence 2.0 personalized Indicators to understand yourself, your communication style, Leadership style and those around you</li> <li>• Assess current relationship dynamics &amp; map improvement devices</li> <li>• Constructively use differences for motivation, productivity, lead &amp; inspire self, individuals &amp; teams</li> <li>• Building a value-based communication &amp; leadership style</li> <li>• Tailored combination topics from Tiers 1 &amp; 2</li> </ul>
Other activities		<ul style="list-style-type: none"> <li>• Team Building events</li> <li>• Facilitating learning &amp; development activities, coaching &amp; mentoring</li> <li>• Designing developmental programs, assessments &amp; implementation</li> <li>• Community Outreach programs</li> </ul>