

## Session Topics

### February

How being confident as a Public Speaker will improve my results.

### March

Understanding how my behaviour and my relationship to customers affect my results

### April

Understanding how my actions impact on my leadership and ability get things done by others

### May

Understanding how when I say I'll do something and don't affect my results.

### June

When I relate to my team as I like to be related to myself improves my results

### July

Understanding what "NO" really means and how it affects me in everyday life



*..Learn*

*..Socialise*

*..Strengthen*

*..Motivate*

*..Succeed*

## GJK In Action Seminar Series

The GJK In Action Seminar Series is a group session that is designed to bring together team members from site and office locations into an interactive session whereby staff can strengthen loyalty, motivate team relationships, share company and contract updates in a fun and relaxed environment.

Through their participation, GJK teams will be optimised, high functioning and regard each other as partners in the success of the company. The skills that are learnt by the team members will stand them in good stead in both their professional and personal lives.

The real world nature of the programme is designed to ensure that each person can take away a new or improved skill to positively impact their work and the people in their teams.

The sessions involve:

- An open networking component upon arrival over a light breakfast where all attendees will be expected to engage with at least one person from outside their usual working environment to increase and foster a spirit of team, mate, friendship amongst the group.

- An address by either the CEO, General Manager of Operations or Director to demonstrate the ongoing commitment to the development of the team. This needs to be delivered in such a way that it is clear, the commitment is real rather than what can sometimes be seen as lip service. The duration could be up to 5 minutes.
- An interactive presentation by the Nesso Training Coach for the whole group that will last for 45 minutes to an hour
- Group networking exercise with a reporting function.
- A presentation by one of the team members on a topic that is of interest to them other than work related. This is to ensure that the teams are able to get to know each other better and to further develop the human element of the company. The major benefit to this process is, that whilst it will be confronting for the individual at the outset it will help build confidence and presentation capabilities so that when they are in the face of a difficult scenario with a client or staff member they will be better prepared to maintain their composure and deliver better results for themselves and GJK.