

DIRECTIONS



By Road: From Belfast take the M2 and leave it at the A8 exit. Just outside Larne leave the A8 by turning left onto Pound Street at the High Rise Flats. Continue straight on, through three sets of traffic lights to the end of Victoria Road, Drumalis gates are directly across the Glenarm Road.

By Public Transport: From Railway, Bus and Harbour follow the signs for the Coast Road. Drumalis is on the right before Bankheads Lane before you leave the town.

If you would like further information about getting to Drumalis, please do not hesitate to contact us.

The Confident Communication workshop aims to:

- Improve your **LISTENING** skills
- Help others to **UNDERSTAND** you
- Develop **POSITIVITY** for clear **COMMUNICATION**
- Learn when and how to say **'NO'** when you need to
- Find out how to give and receive **CRITICISM**
- Feel better for **SPEAKING UP** and dealing with that **CHALLENGING** situation



CONFIDENT COMMUNICATION



Saturday, 8 April 2017 or
Saturday, 14 October 2017 at Drumalis

One day companion workshop of "The Right to be Me", helping to build confidence and to learn effective techniques for handling challenging situations.

with Marie McStay BA LGSM

Drumalis, 47 Glenarm Road, LARNE,
County Antrim, BT40 1DT
Tel 028 28272196/2827 6455 Fax 028 2827 7999
Email drumalis@btconnect.com
Website: www.drumalis.co.uk

CONFIDENT COMMUNICATION

Communication is a key factor in relationship building at any level. For personal growth and confidence building throughout life, clear communication can help reduce misunderstandings and convert anxiety and brokenness into equilibrium. The value of **CONFIDENT AND CLEAR COMMUNICATION** in our personal, work and community lives is felt in greater productivity and harmony.

This workshop offers you the opportunity to gain insights into what work works and what needs working on in **YOUR** communication style. You will learn techniques for sharpening your **LISTENING** and learn to distinguish the difference between **HEARING** and **LISTENING**.

How well do you **UNDERSTAND** what is being said? You will develop skills for discerning a deeper understanding of what you hear and grow in the **CONFIDENCE** necessary for expressing how you feel and seeking clarification.

Knowing **WHEN** and **BEING ABLE TO SAY 'NO'** when you need to can call for further confidence. Find out how to manage this challenging situation for your greater **PEACE OF MIND**. And we look closely at **CRITICISM** : what it is, how to **GIVE** and **HOW TO RECEIVE** it.

The workshop **CONFIDENT COMMUNICATION** is designed for individuals who want to learn more about themselves and their **PERSONAL DEVELOPMENT**. It is for **YOU** as you grow in awareness of your role in growing healthy, anxiety-free relationships and a balanced life. **CONFIDENT COMMUNICATION** is a follow-up to the "Right To Be Me" workshop - designed to help you to **FULFIL YOUR POTENTIAL, BOOST SELF ESTEEM AND BE WHO YOU ARE MEANT TO BE**.

Facilitator:

Marie McStay is a licensed personal development trainer with a strong background in Adult Education. Working with individuals and organisations committed to growth and positive change, she designs and delivers training programmes for staff, team and leadership development in all sectors. She works across Ireland and UK and in Europe.

Marie is a voice and presentation coach. She is a freelance broadcaster with BBC Radio Ulster contributing to 'Your Place and Mine'.

Duration:

The day will begin with registration and tea and coffee on arrival from 9:00 am to 9:30 am on Saturday, 8 April 2017 or Saturday, 14 October. It will finish at 4:30 pm approx.

Cost:

The workshop fee is £40, which includes refreshments and lunch as well as workshop materials.

BOOKING FORM

Name

Address

Postcode

Tel No

Email

Please tick which date you would like to attend:

Saturday, 8 April 2017 or

Saturday, 14 October 2017

Special Requirements (eg, dietary)

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A non-refundable and non-transferable deposit of £20 is required with each booking made payable to **Drumalis**. This will be counted as part of the total cost. Please return completed Booking Form and deposit to: **Drumalis, 47 Glenarm Road, LARNE, County Antrim, BT40 1DT**

Cheques should be made payable to Drumalis.

We accept payment by credit/debit card.

Why not save time by paying deposits and booking your place by phone.