

# EFFECTIVENESS TRAINING

4 Day Training Oct/Nov



## Judith Richardson

National Trainer For  
Effectiveness Training Institute of  
Australia.



Judith is well respected for her human relations training and is a foremost facilitator in the area of effective relationships and Communication training. She puts her own mark on the courses she designs to meet the particular needs of her clients – her workshops are powerful and experiential providing participants with practical skills, experience and understanding that will transform the quality of their daily lives. Her courses enabling participants to create effective and lasting relationships, whether it be in the workplace, in families or in education. Judith believes that people have the right and potential to interact with mutual respect and integrity and her classes facilitate this.

## MAKE YOUR WORLD EFFECTIVE: EFFECTIVENESS TRAINING

All Welcome

### Effectiveness Training (ET)

is an intensive, skills-based training that develops interpersonal communication and conflict resolution competencies. Through E.T., you learn, practice, and understand when and how to apply a powerful set of tools that measurably influence peoples' behaviors, habits and beliefs. The result is a more productive, efficient and fulfilling workplaces, families, and relationships. ET skills are equally effective for all ages and situations.

*Learn simple skills to help people overcome communication problems.*

- Active Listening
- I Messages
- Problem Solving
- Win Win Method
- 12 Roadblocks to Communication
- Consulting Skills
- Effective Communication
- Conflict Resolution
- Assertiveness
- Leadership skills
- Dealing with Different

### personalities

- Values Collision
- Getting Your Point Across
- Enhance and Increase Personal Effectiveness

### Want More?

- Discover why both passive and aggressive behaviour invites intimidation.
- Learn how to deal with aggressive people.
- Find out how to stand up for yourself, , and enhance your credibility.
- Manage situations better with people who are "difficult to get on with".
- Avoid unnecessary aggravations and gain more support and cooperation.
- Attain new levels of self responsibility.
- Others gain confidence in you when you communicate openly and directly.
- Learn how to clean up your mistakes in a way that enhances and strengthens your relationships.

### DETAILS

25th & 26th October and 8th & 9th November 9am - 5pm

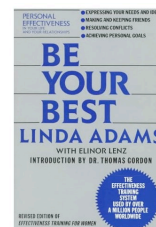
### Where:

Australian Shiatsu College,  
103 Evans St, Brunswick, VIC

**Cost:** \$400 + \$25 materials

*Tax deductible.*

**Nationally Accredited  
Training in Effectiveness  
Training**



### BOOKINGS ESSENTIAL

The Awakening Group  
P.O Box 245 Yarraville  
VIC 3013

**Tel 03 9314 7768 Judith**

**Tel: 07 54711205 Brenda**

**Mobile: 0416 036 961**

**E: [info@awakening.com.au](mailto:info@awakening.com.au)**

**W: [www.awakening.com.au](http://www.awakening.com.au)**

**AWARD WINNING EFFECTIVENESS TRAINING FOR EVERYONE** BY DR THOMAS GORDON