

CM166

COMMUNICATION AND WRITING SKILLS

Overcoming Mental Barriers to Spoken English

Objectives

To provide the knowledge and skills required to eliminate psychological blocks and improve self-confidence when learning to better express yourself in English.

Targeted audience

Any French-speaking audience.

Prerequisite

Basic knowledge of English

Content

- Determining personal and professional objectives
- Determining level of passion for English
- NLP tools for improving power of expression
- Identity zones with regards to English and their impacts
- Creating favourable conditions for speaking English
- Determining one's professional and personal mission with respect to English
- Cultural, linguistic and traditional differences
- Using personal resources and anchoring to improve performance
- NLP approaches for changing beliefs and behaviour related to English
- NLP tools for improving enjoyment and motivation when speaking English

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DURATION
2 DAYS

REGULAR FEE
885 \$

PREFERENTIAL FEE
775 \$

Select the training date*

Quebec City	September 25 to September 26 2019
Gatineau	October 9 to October 10 2019
Montreal	October 15 to October 16 2019
Gatineau	March 2 to March 3 2020
Quebec City	April 1 to April 2 2020
Montreal	June 8 to June 9 2020

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