

Workshops and Master Classes run by Kate Atkin, Aspire 2

Workshops

With over eleven years of training experience, more than eight of these as a freelance trainer, Kate has run a variety of workshops for many different industries. Her approach is to work with the company to establish their requirements, why the training is felt to be necessary and the results and actions you would like from the participants after the course. All courses are interactive, Kate's belief, and evidenced by research, is that people learn best when they are in a relaxed, confidential environment and when an element of fun is introduced.

This list is not exhaustive and if you would like more details, or if you have any questions contact Kate by email kate@aspire-2.com or call 07779 646 976.

Confidence Building – creating results that work for you and the business

Powerful Presentations

Communicate with Impact – getting your message across

Networking Skills

Managing Conflict and Remaining Assertive

Creating Inspiring Leaders

Performance Management – accessing people potential

Effective Meetings

Networking Skills

Master classes

These last from 20-minutes to an hour and can be tailored to fit in a lunch break. For more details on each master class contact Kate by email kate@aspire-2.com or call 07779 646 976.

The Inner You – Four Inspiring Ways to Release your Potential

LISTEN – Six easy Steps to Enhanced Communication

What's After "Hello"? - Five Keys to ensure your Networking is effective

Confidence & How to Fake it – Ten Steps to get more out of your Brain!

