

**EXCLUSIVE
WEBINAR
INVITATION**

**East Midlands/
Leicester
Business
Growth Event**

**Tuesday
20th October
8.00 – 9.30am**



THE PSYCHOLOGY OF RELATIONSHIPS

Re-energising teams as they move towards a new normal

Relationships are the foundation of personal and professional happiness and success, whether living through a crisis or not, yet we so often get them wrong!

This interactive workshop introduces the *Insights Discovery* colour model of behaviour and immediately helps you to:

- Become more self-aware
- Understand why others see and do things so differently to you
- Start to value, rather than get frustrated by, those 'not like me'
- Appreciate how uncertainty and stress impacts behaviour
- Re-energise teams and support them more effectively towards their new ways of working

Who should attend?

This webinar is exclusively for CEOs, Owner/Managers and leaders of SME businesses based in the East Midlands and surrounding areas.



James Hampton

James is an accomplished facilitator,

speaker and coach in personal, team and leadership development. He draws upon qualifications and a rich background of Hypnotherapy, NLP, Coaching, Mindfulness, Biofeedback, Psychometrics and the Insights Discovery Model of Behaviours. He confesses to an almost unhealthy fascination with Neuroscience and the Physiology of human performance that supports his approach to endurance sport events. His fresh, personable and dynamic approach engages people quickly and brings impact to his delivery. His learning solutions have been transforming team and leadership effectiveness across the private, public and not for profit sectors for over a decade.

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