



## 4D Personal Impact

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If there's one programme that speaks about '4D human Being' it's this one. The day is all about giving you techniques to help you to consciously choose the impact you make. Whenever you want to make one!

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Increasing your personal impact is about communicating your ideas, beliefs and experiences in:

### 4 Dimensions:

- **Physical** – How you behave
- **Emotional** – How you feel
- **Intellectual** – What and how you think
- **Intentional** – What you value and believe

### And from 2 key perspectives

- Managing your shared environments and
- Communicating in the context of a shared culture

### About This Course

This course is designed to help you become more confident, effective and memorable in your communication with other people. The focus will be on how to increase your personal impact, utilising tools and techniques grounded in the 4 dimensions of human expression.

Let us know how we can help...We look forward to hearing from you

### Get in touch

Call Tom on 07583 446075 or email [tom@4dhumanbeing.com](mailto:tom@4dhumanbeing.com)  
Call Philippa on 07958 316227 or email [philippa@4dhumanbeing.com](mailto:philippa@4dhumanbeing.com)

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## Who Should Take This Course?

Anyone who needs to:

- Make more of an impact in life and work.
- Feel more confident when communicating.
- Improve listening skills.
- Improve interview technique.

## Outline of the Content

In this course we will aim to explore:

- What qualities make for positive personal impact?
- Difficult conversations
- How do people see you physically?
- What are your default behaviours?
- How to optimise your physical impact.
- How confident are you?
- How much do you rely on your intellect?
- Are you emotionally engaged and engaging?
- Do you prioritise emotions over strategic action?
- How to empathise with people's emotions
- Are you living and communicating your deepest values?
- Interview skills
- Putting it all together
- Summary- Q&A -Finish

## Learning Outcomes

On completion of this course you will understand how to:

- Better manage nervousness and anxiety.
- Deal more effectively with difficult conversations.
- Increase your personal presence when in meetings and during interviews.
- Understand how to use body language to increase personal impact.

## Learning Methods and Assessment

Each delegate will be invited to complete the short version of our 'Spiral Values Profiler'.

This is a quick questionnaire that helps to surface our dominant values and drives. Unpacking the results will serve as an orientation tool for the course.

The day will be a mix of theory (20%) and up on your feet, interactive practical work (80%).

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