



Personal Development Training is one of four training portfolios in Matchett's Business Learning range:

Personal Development Training

Business Skills Training

Professional Skills Training

Leadership and Management Training



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Personal Development Training

From good potential to top performance



every step of the way

From good potential to top performance

Personal Development Training from Matchett

The most valuable asset in any organisation is the people who work within it, not only in terms of their skills and talents, but their potential. Turning potential into top performance requires a deep commitment to change at an individual, as well as an organisational level – and a very special kind of training partner.

So let's get personal

Matchett trainers engage a person at the deepest levels by encouraging them to be an active participant in their own learning. Our 'hearts and minds' approach to the development of new skills and behaviours, ensures that the transformation of potential into performance is rapid when the learner returns to the work environment.



When people feel they really **can**, they really **do** make a difference.



Matchett helps people to recognise, develop and reproduce their best self.

Matchett uses a range of psychological models, such as Dilts' 'Logical Levels of Change', to create training environments for learners where new skills will stick.



Matchett courses are different

Matchett Personal Development courses draw on proven psychological theories, as well as the latest business thinking and are comprehensive in terms of subject-matter. Our emphasis in the classroom is on bringing the subjects to life by creating meaningful learning experiences.

Our trainers have many years' real world business experience and a deep-seated passion for their subject areas. They are dynamic and challenging and able to create high-energy training environments where participants feel motivated to make step changes in their skills and behaviours. More importantly, we encourage a self-belief in making those changes with both confidence and enhanced capability.

As well as being different, Matchett courses make a difference.



"Of all the courses that I've done this one will prove to be one of the most enduring and relevant to my life. It was refreshing that the trainer created a syllabus with the group that addressed our individual and collective needs."

RUSSELL INMAN
General Manager, Technology, Mobile Media
National Grid Wireless

Matchett's Personal Development Training Portfolio contains all of the courses needed for individuals to transform and develop their abilities in business.

Creating impact

Communicating effectively with others across the business demands influence and good interpersonal skills.

Developing focus

Mind-mapping techniques for greater comprehension and understanding.

Having insight

Skills in emotional intelligence, cultural competence and neuro-linguistic programming can transform our ability to work really effectively with the people around us.

Building confidence

Getting to grips with 'the power of now' and being present in the moment; developing a 'can do' attitude.

Being in control

Seeing things for what they are; understanding difficult and complex issues; developing strategies and specific skills to get things done.

Matchett's Personal Development Portfolio contains twenty core training courses covering five areas – developing skills in impact, focus, insight, confidence and control. And to produce the exact development paths needed for each organisation, learning programmes can be designed combining content from a number of different courses, or completely bespoke.

Personal Development Training Courses

- Power of Persuasion and Influence
- Interpersonal Skills
- Maximise your Impact
- Communication Styles
- Personal Impact
- Power of Influence
- Mind Mapping
- Emotional Intelligence
- Cultural Competence
- NLP
- Advanced NLP
- Assertive Communication Skills
- Successfully Dealing with Conflict
- Coping with Stress
- Conflict
- The Assertive 'No'
- Beat the Bump
- Managing yourself for Results
- Career Management
- Stress and Pressure Management
- Change as a Constant

Coaching services

In our experience, individuals occasionally need either formal or informal facilitation in applying their learning when back in the work environment. In support of our Personal Development curriculum, Matchett offers a range of coaching services.

www.matchettgroup.com