

Communications masterclass

Workshop objective

To improve delegates' verbal and physical communication skills in daily work and life situations.

Workshop length

09.30 – 16.30 6 CPD hours

Workshop outline

The workshop will explore:

- How do we communicate?
- The communication cycle
- Raise awareness of your personal style
- Boosting listening skills
- What gets in the way of good communication?
- Understanding how other people see the world
- Presentation skills and tips
- Giving and receiving feedback constructively

Who is this workshop for?

The workshop is for anyone who wants to explore and boost their verbal and physical communication approaches to enable them to thrive in all areas of their lives.

What will I learn?

You will learn about the communication cycle, what gets in the way of good communication and how to boost your interpersonal skills.

Your trainer - Lucy Whitehall, Director, Transform and Thrive Ltd.

Lucy Whitehall is a Positive Psychologist and Coach. She specialises in employee wellbeing and performance, helping people to access their innate resilience and strengths enabling them to flourish and thrive.

Lucy delivers inspiring workshops and guidance in Mindfulness, Positive Psychology, Mental Wellbeing, Supercharging Sleep, Personal Resilience, Work-Life Integration, Personal



Effectiveness, Assertiveness & Confidence, Time and Energy Management, Grit & Growth Mindset, Emotional Intelligence, Managing Change and Personal Branding.

Lucy is an experienced coach trained to masters level. She works with clients from all walks of life including senior leaders, managers, entrepreneurs and business owners.

She also holds a BSc in Life Sciences, MSc in Human Resource Management, and is a chartered member of the Institute of Personnel and Development (MCIPD). In 2018, Lucy qualified with the world recognised Masters in Applied Positive Psychology and Coaching Psychology (MAPPCP), from University of East London.

Comments from previous delegates

“The content was relevant, interesting and useful”

“I look forward to implementing new techniques and skills I have acquired in the workshop”

“I found the workshop very informative and discovered a bit more about myself”