



101

Intentions

Think carefully about what you want to achieve with this training.

Exercise #1 - Answer the following questions:

1. What are the challenges you face today in communication?
2. What's missing, the presence of which will make that difference to you?
3. Is it a skill or skills?
4. Is it confidence or some other inner state?
5. Is it knowledge, tools or techniques?
6. Is it the ability to manage particular situations well?

Exercise #2 - Think about any obstacles or hindrances you want to remove and then write your goals as positives in a list format.

For example, the obstacle might be nerves when speaking in public, so the positive version would be feeling powerful and confident in that situation.



- Keep the list to a manageable number of specific things, between one and five usually works best. When you have clarity on what you're looking for, then spend some time writing each one down as a **visualisation**. This will be in the present tense, describing success for you in the future when you have achieved your goal. Here is an example to get you started:
- “It’s (insert date) and after completing Julian’s course I have used the public speaking skills I’ve learned to deliver an important talk at work. I felt confident and was well prepared, and the talk went really well. Everyone (including my boss) was impressed and commented on how effective it was and how much they enjoyed it.”

The more detail you include in your visualisation (for all the senses), the more effective it will be in defining a future that you will actually experience. the clearer your imagined experience, the more your subconscious will align with it and the more your actions will head towards it.

Spend some time on this: it’s far more powerful than simply generating a short list of desirable qualities.